BEST FOR SPORT, SKY & STREAMING

MORE CHANNELS THAN ANY OTHER TV MAG!

15-21 MARCH 2025

TV&Satellite Week

NEW

Protection

Siobhan Finneran leads a tense police thriller with Line of Duty vibes

NEW

HAPPY FACE

Dennis Quaid plays a serial killer

NEW

THE RESIDENCE

All-star whodunnit set in the White House

LIVE!

FORMULA ONE

Will **Lewis Hamilton** bring success for Ferrari?

HotList This week's 28

Saturday 15

Six Nations
***RUGBY UNION** BBC1, ITV1 & S4C*
The championship draws to a close, kicking off with favourites Ireland travelling to Italy (k-o 2.15pm, ITV1), before Wales host England (4.45pm, BBC1 & S4C) and France face Scotland (8pm, ITV1).

Ancient Greece by Train with Alice Roberts
***DOCUMENTARY** C4, 8pm*
The historian (above) journeys to the past, beginning in Thessaloniki, where she learns about local legend Alexander the Great. *See Documentaries, page 21*

Lady Gaga: Inside the Chaos
***DOCUMENTARY** BBC2, 8.30pm*
The singer-songwriter/actor (above) comes under the spotlight. Followed by another chance to see performance compilation *Lady Gaga at the BBC* (9pm).

F1: Australian Grand Prix
***MOTORSPORT** Sky Sports Main Event & Sky Sports F1, race starts 4am*
All the action from Melbourne, with the race beginning early on Sunday morning, as Sir Lewis Hamilton (above) makes his debut for Ferrari. *See Sport Week, p28*

■ Full listings start on **p35**

Sunday 16

EFL Cup final
***FOOTBALL** ITV1, Sky Showcase, Sky Sports Football & Sky Sports Main Event*
After Chelsea face Manchester City in the Women's League Cup final on Saturday (BBC1, 12.15pm), today it's the men's turn – Newcastle United v Liverpool (4.30pm).

The Great Celebrity Bake Off
***COOKERY** C4, 7.40pm*
Paul Hollywood is joined in judging duties by Lady Caroline Waldegrave, as celebs including Chris and Rosie Ramsey show off their baking skills. *See feature, page 12*

Protection
***THRILLER** ITV1, 9pm (box set, ITVX)*
Siobhan Finneran (above) stars in this thriller as a witness-protection officer whose job becomes more challenging when her unit is accused of corruption. Continues tomorrow. *See feature, page 4*

Tempting Fortune
***REALITY** C4, 9pm*
Paddy McGuinness (above) returns for a second series of the challenge show, with 12 strangers resisting temptation in the Malaysian jungle, where they have to trek for 18 days. Continues tomorrow.

■ Full listings start on **p45**

Monday 17

The Simpsons
***ANIMATION** Disney+*
The 36th season of the animated comedy opens with former guest stars including Tom Hanks attending a celebration of the 'series finale', hosted by former show writer Conan O'Brien.

Inside
***REALITY** Netflix*
British YouTube sensations the Sidemen are back for a second season, which sees content creators take on a series of challenges to win a huge cash prize. Episodes are released daily.

Masters of Reinvention
***FACTUAL** U&Yesterday, 8pm (box set, U)*
Dr Shini Somara (above) and her team of 'reinventors' combine traditional DIY skills with modern technology to adapt old inventions for the modern world, starting with a camping trailer from the 1950s.

Virdee
***CRIME DRAMA** BBC1, 9pm*
After Saima's abduction last week, the nail-biting finale of the Bradford-set drama sees cop Harry Virdee (Staz Nair, above) in a game of cat and mouse with the terrifying Jai Pawa (Ramon Tikaram).

■ Full listings start on **p55**

Tuesday 18

Women's Champions League
***FOOTBALL** TNT Sports 1 & DAZN*
Arsenal, featuring England stars such as Leah Williamson (above), have a tough away day at Real Madrid in their quarter-final first leg (kick-off 5.45pm).

School Swap: UK to USA
***REALITY** C4, 8pm*
As the exchange experiment continues, the British students are shocked to learn how many people in Mena, Arkansas, own a gun, while their American counterparts have an educational day out.

Leaving Neverland 2: Surviving Michael Jackson
***DOCUMENTARY** C4, 9pm*
This film continues the story of the 2019 two-parter that detailed the accusations against the late singer made by James Safechuck (above) and Wade Robson.

Bradley Walsh: Egypt's Cosmic Code
***DOCUMENTARY** Sky History, 9pm (box set, Sky Box Sets & NOW)*
Actor, presenter, comic – and now Indiana Jones? Walsh (above) visits Egypt to learn about its history. *See Documentaries, p20*

■ Full listings start on **p65**

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Wednesday 19

The Twister: Caught in the Storm

DOCUMENTARY *Netflix*

The experience of a group of teenagers who found themselves trapped in the eye of a tornado – and how the life-changing ordeal has affected them since.

The Marlow Murder Club

CRIME DRAMA *U&Drama, 8pm & 9pm (box set, U)*

Samantha Bond returns in the whodunnit drama, in which three friends investigate a series of killings in the cosy town of Marlow. *See feature, page 11*

Billy Monger: The Race is On for Comic Relief

FACTUAL *BBC1, 9pm*

The double leg amputee (above) takes on an Ironman race – a 2.5-mile swim, a 112-mile cycle and a 26.2-mile run – in aid of Comic Relief. *See feature, page 9*

The Richard Dimbleby Lecture with Sir Gareth Southgate

FACTUAL *BBC1, 10.40pm (times vary)*

The ex-England football manager (above) talks about the importance of resilience for young people in today's world.

■ Full listings start on **p75**

Thursday 20

The Residence

COMEDY DRAMA *Netflix*

Murder mystery in which a detective (Uzo Aduba) has to solve a death at the White House, where everyone – including the President and, erm, Kylie Minogue – is a suspect. *See Your Watchlist, page 14*

Last One Laughing UK

COMEDY *Prime Video*

Jimmy Carr hosts a six-part spin on the popular format, as comedians including Bob Mortimer, Judi Love and Sara Pascoe try to make their rivals laugh before they do. *See Your Watchlist, page 16*

The Madame Blanc Mysteries

DRAMA *5, 9pm*

Jean (Sally Lindsay, above) investigates the mysterious death of a local businessman who was found with rare coins placed on his eyes. *See feature, page 12*

Gangs of London

DRAMA *Sky Atlantic, 9pm (box set, Sky Box Sets & NOW)*

As the gangland drama returns, there's a spiked shipment of cocaine on the streets and a power struggle among the warring factions – no one is safe. *See feature, p6*

■ Full listings start on **p85**

Friday 21

Happy Face

DRAMA *Paramount+*

Based on a real-life case, this drama follows Melissa (Annaleigh Ashford), who has to come to terms with the fact that her father Keith (Dennis Quaid) is a serial killer. *See Your Watchlist, page 17*

It Ends with Us

DRAMA *Sky Premiere, 11.10am & 8pm*

Justin Baldoni and Blake Lively star in this adaptation of Colleen Hoover's romance novel, about a florist whose budding relationship implodes when an old flame arrives on the scene. *See review, page 23*

Red Nose Day

ENTERTAINMENT *BBC1 & BBC2, from 7pm*

As Comic Relief turns 40, presenters including Davina McCall (above), Joel Dommett, Alesha Dixon and Alison Hammond host an evening of rip-roaring entertainment. *See feature, p8*

World Cup Qualifier: England v Albania

FOOTBALL *ITV1, kick-off 7.45pm*

Thomas Tuchel (above) takes charge of England for the first time as they start their qualification campaign for the 2026 World Cup, facing Albania at Wembley.

■ Full listings start on **p95**

15-21 MARCH 2025

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Barry Ward as DS Paul Brandice

A key informant is gunned down at a safe house in a nail-biting crime drama starring **Siobhan Finneran**

Fallen witness

DI Liz Nyles
Siobhan Finneran
The witness-protection officer has an exemplary record, but has she been compromised by her affair with DS Brandice?

NEW THRILLER
Protection
Sunday & Monday, 9pm, ITV1 (box set, ITVX)

Line of Duty fans won't want to miss this thrilling deep dive into the secretive and high-stakes world of witness protection in ITV1 crime drama *Protection*, starring *Happy Valley* actors Siobhan Finneran and Katherine Kelly.

The six-part series begins in shocking fashion when a key witness and his wife are gunned down at the start of this Sunday's opening episode.

DI Liz Nyles (Finneran) and her team had been watching over high-profile criminal turned informant Jimmy McLennan (Kris Hitchen) at a safe house, only for him to be murdered before he could give evidence against powerful drug lord Eddie Crowther (Alec Newman).

It was the job of Liz and colleague DS Raj Kohli (Chaneil Kular) to keep the family's whereabouts strictly hidden, and the killing raises grave questions about the integrity of Liz's unit. Has someone in the team been leaking information to organised crime?

'That big event in the opening minutes draws you in immediately,' says Finneran. 'Then you're ready to go on a journey with Liz, to find out what's going on. It's a great hook and the story is so complex – I've never done a job this intense.'

The case is muddied by the fact that single mum Liz has secretly started an affair with a married junior colleague, DS Paul Brandice (Barry Ward).

'Liz has a 16-year-old daughter and has just become a full-time carer to her father,' explains Finneran. 'Paul is a new officer in the witness-protection unit. He's fun, makes a play for her and she falls for it. She knows it's morally wrong, but

Siobhan Finneran and David Hayman as Liz and Sid

WORDS: SEAN MARLAND. PHOTOS: ITV

DCI Hannah Wheatley
Katherine Kelly
The head of the major investigations team is suspicious of Liz and pursues her tenaciously. Does she have another agenda?

DCI Amanda Kelman
Nadine Marshall
A senior officer at the professional-standards department, which investigates police corruption, DCI Kelman is a forbidding operator.

DI Liz Nyles investigates

she's quite lonely and it's a bit of an escape – although the murder of the McLennans blows her situation out of control.'

Liz is perturbed when she realises that Paul was at the McLennans' safe house on the day they were shot and only narrowly survived the attack himself. But why was he there?

Confronted with the chilling suspicion that Paul has been using her for information, Liz begins her own unofficial investigation into the case, Meanwhile, she must also help protect the McLennans' 12-year-old daughter Amy (Tilly Kaye), who is now a witness in the murder case.

'Liz feels maternal towards Amy, but she also feels a huge amount of guilt – if she hadn't had an affair with Paul, the killers might not have known where the family was,' explains Finneran. 'She got involved with somebody she shouldn't have. As a result, Amy has been orphaned in horrific circumstances.'

INTERNAL INTRIGUE

DCI Hannah Wheatley (Kelly) begins looking into Liz's involvement in the case, alongside her formidable colleague, DCI Amanda Kelman (Nadine Marshall), who has been tasked with weeding out corruption in Liz's unit.

Meanwhile, Liz's father, Sid (David Hayman), a retired policeman who's now living with the early stages of dementia, warns Liz that DCI Kelman has a fierce reputation for rooting out corrupt officers.

'DCI Wheatley believes that collaboration is the best option, but very quickly she thinks Liz is holding things back and preventing the crucial flow of information,' reveals Kelly, 45. 'Gradually, she starts to join a few dots…'

The series is co-written by *White House Farm* writer Kris Mrksa, and based on the experiences of a real-life witness-protection officer, who Finneran met on set one day.

'Nobody really knows all the trappings of witness protection because it's all hidden away, and even within the police force, it's a very separate unit,' says Finneran, 58. 'It's not a job I'd ever think about doing. It's so secretive. What do you talk to your neighbours about over the garden fence?'

WHO'S WHO IN *PROTECTION*

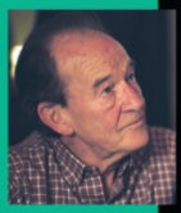
DS Paul Brandice
Barry Ward

The newest recruit to the witness-protection unit is a charming detective who begins a passionate affair with Liz.

DS Raj Kohli
Chaneil Kular

Liz's loyal and diligent partner in the unit is a family man and particularly good with kids who are being protected.

Sid Nyles
David Hayman



Once a legend in the police force, Liz's father threw himself into his work after his wife's death and is now living with dementia.

Eddie Crowther
Alec Newman

The kingpin of a major heroin operation, Eddie Crowther is on trial with his former accountant.

Amy McLennan
Tilly Kaye

The 12-year-old is living with her parents in the safe house, but her world is turned upside down when they are murdered.

Capital punishment

Ex-cop **Elliot has a target on his back** as *Gangs of London* returns

NEW DRAMA

Gangs of London

Thursday, 9pm, Sky Atlantic (box set, Sky Box Sets & NOW)

Undercover police officer Elliot (Sope Dirisu) has been on quite the journey since he first infiltrated London crime dynasty the Wallaces in the first season of Sky drama *Gangs of London*.

After rising through the ranks to become an assassin, he was last seen stringing up Sean Wallace (Joe Cole), who'd inherited the family's lucrative criminal enterprise, in a junkyard, promising to take over everything he'd built.

Andrew Koji and Sope Dirisu

RIDING HIGH

'At the end of Season 2, Elliot told Sean: "Watch, I'm going to become you, I'm going to do it better than you ever did,"' says Dirisu. 'And at the beginning of Season 3, he's living up to his promise.'

It's quite a turnaround for the man who started out on a mission to take down the capital's warring gangs, led by the likes of Albanian gangster Luan (Orli Shuka), Pakistani heroin kingpin Asif (Asif Raza Mir) and Kurdish militant Lale (Narges Rashidi), from the inside.

'Elliot's journey over the course of the series of *Gangs of London* has been crazy,' says Dirisu, recently seen in Apple TV+ horror film *The Gorge*. 'This guy, who had a wonderful moral compass at the beginning as a police officer trying to infiltrate the gangs in order to bring them to justice, seems now to have joined them without a mind towards redemption.'

Now that Elliot has lost his father and severed ties with his police handlers, he is operating with a new-found freedom.

'Before, he had to live this duplicitous life whereby he was Elliot Carter at home, and Elliot Finch in the streets,' says Dirisu. 'But now those two personas seem to have merged, and he's very comfortable with it.'

Orli Shuka (left) as Luan

As we rejoin for a third season of the ultra-violent thriller, Elliot is riding high as a crime kingpin with an extensive drug dealing operation, while Sean languishes in jail.

However, as fans of the stylish series know, in this competitive criminal world of shifting alliances, where there is no honour among thieves, fortunes can change rapidly. And so it proves for Elliot, who becomes public enemy No 1 after a shipment of cocaine is spiked, resulting in hundreds of fatalities, and mayor Simone (new cast member T'Nia Miller) announces a crackdown on organised crime.

SEEKING THE TRUTH

'Elliot needs to get to the bottom of it, and that leads him to Sean, because all roads lead back to Sean,' says Dirisu, 34. 'Sean leaves a little nugget in his mind that leads Elliot on a crazy journey throughout the series where he's chasing not only the spiking of the cocaine, but also the truth about his family.'

While seeking answers about a family tragedy, Elliot tries to track down Zeek (*Warrior*'s Andrew Koji), an implacable lone-wolf assassin whom he will eventually face down in a memorable fight scene.

'I was actually a bit worried, because Andrew has a martial-arts background, whereas I just pretend to do it,' admits Dirisu. 'So I was like: "I'm gonna get my ass kicked here!"'

WORDS: IAN MACEWAN. PHOTOS: SKY

Richard Dormer and Michelle Fairley

STREET-FIGHTING MAN

Season 3 sees the introduction of ruthless new character Cornelius Quinn, played by *Blue Lights* and *Fortitude* star Richard Dormer, who has joined forces with Sean's brother Billy (Brian Vernel).

In a classic *Gangs of London* set piece, the pair first meet in a night-time showdown in a deserted fairground, which includes a Bond-style gunfight in a hall of mirrors.

'That was my first day of filming, and it was a baptism of fire, battling in a fairground in the pouring rain,' reveals Dormer, 55, whose Irish character wields an Irish shillelagh (a wooden cudgel) as his weapon of choice. 'Elliot and Luan turn up, looking for somebody, and they get the sharp end of my stick!'

Elliot (centre) is in the thick of things again

From left: Hosts Rylan Clark, Alison Hammond, AJ Odudu, Davina McCall, Joel Dommett, Alesha Dixon, Jonathan Ross and Tom Allen

LIVE ENTERTAINMENT

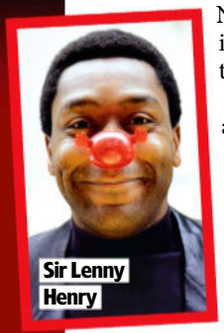
Red Nose Day

Friday, from 7pm, BBC1 & BBC2

Paint the town RED!

Comic Relief original **Jonathan Ross** leads the charity's 40th-birthday celebrations

It's 40 years since comedian Sir Lenny Henry and comedy screenwriter Richard Curtis founded Comic Relief to raise money for good causes in the UK and around the world, with Red Nose Day making its debut on BBC1 three years later.



Sir Lenny Henry

This Friday, the annual live event celebrates four decades of Comic Relief with a star-studded birthday bash, featuring hilarious sketches involving *Strictly Come Dancing*, *Gladiators*, *Not Going Out* and *Beyond Paradise*, plus a special musical surprise.

At the helm is original co-presenter Jonathan Ross, who's joined from 7pm on BBC1 by Davina McCall, Joel Dommett, Alison Hammond, Rylan Clark and Alesha Dixon, while Tom Allen and AJ Odudu take over from 10pm on BBC2.

Here, Ross, 64, tells us more…

What are your memories of the first Red Nose Day back in 1988? I presented alongside Lenny and Griff Rhys Jones and it was incredibly exciting. I still remember Richard and Lenny taking me to lunch to tell me their plans. I feel lucky to be part of this anniversary, and it's a great way to mark the very first show.

How does the 2025 line-up compare? Red Nose Day has evolved from a few presenters doing the whole show to a much bigger line-up with guest appearances. It's more organised now, but there's still plenty of spontaneity. Unpredictability and energy are what make it special.

What sketches stick out for you over the years? The *Mr Bean Blind Date* sketch with Cilla Black was brilliant. Paul Daniels once did a magic trick involving milk, but the running order changed and by the time he performed, it had solidified! It didn't work, but everyone rolled with it.

What is the secret to Comic Relief's success? Comic Relief taps into something wonderful about human nature – the desire to help others. The variety of people the charity supports and the impact it has, both in the UK and abroad, means your donation is helping in multiple ways.

ALSO THIS WEEK…

Comic Relief: 40 Years of Funny

Friday, 10.40pm, BBC1

Emma Willis and Asim Chaudhry present Red Nose Day's best bits from the archives with classic moments from French and Saunders, Alan Partridge and Mr Bean.

Jennifer Saunders and Dawn French

Morning Live: Gethin and Helen's Wheely Big Challenge

Thu, 9.30am, BBC1 & iPlayer

Gethin Jones and Helen Skelton undertake a 24-hour roller-skating endurance test accompanied by classic soundtracks. Watch them in action throughout on BBC iPlayer.

Gethin Jones and Helen Skelton

WORDS: ELAINE REILLY; ALISON SLADE; VICTORIA WILSON. PHOTOS: BBC, COMIC RELIEF, GETTY, ITV

Billy whizz!

Billy Monger on his inspiring Ironman challenge

NEW FACTUAL

Billy Monger: The Race is On for Comic Relief

Wednesday, 9pm, BBC1

Billy Monger takes on rain, fatigue and jellyfish

In April 2017, two weeks before his 18th birthday, talented racing driver Billy Monger was injured in a crash at the F4 British Championship at Donington Park and had to have both his legs amputated.

Fast forward to last October, and Billy, 25, is crossing the finishing line at the Ironman World Championships in Kona, Hawaii, where he has just broken the record for a double leg amputee.

As part of Comic Relief, BBC1 goes behind the scenes during his record-breaking feat, including his year of intensive training. The Ironman course consists of a 2.5-mile swim, a 112-mile cycle and a 26.2-mile run.

'During training, there were moments where I was in the pool doing length after length or on a late-night run, thinking, "Why am I putting myself through this?"' admits Monger. 'But knowing it was for Comic Relief kept me on the right track.'

Monger's hard work paid off in Hawaii, where, despite being strung by jellyfish and battling torrential rain and fatigue, he finished in 14 hours 23 minutes and 56 seconds – breaking the record by more than two hours.

'As I crossed the line, I could see my family cheering, and I realised I'd actually done it,' he smiles.

● Donate to Comic Relief by visiting donation.comicrelief.com

STORY OF THE WEEK

Soap Diary

This week's soaps at a glance

Is Nicola lying to her son?

EASTENDERS

Is Nicola hiding a secret about Harry's missing girlfriend?

» **Tension builds at** No 1 Albert Square on the fourth anniversary of the disappearance of Harry's former girlfriend, Shireen.

The mechanic has previously been arrested for her murder but, as he puts in a shift at the Arches, Shireen's brother Asad turns up and reveals that he no longer believes Harry is involved.

Nicola confronts Teddy

Harry's relieved, but he's blindsided when Asad later turns up at a vigil for Shireen and accuses Teddy of her murder. He furiously defends his dad, while Nicola – who has arranged the event – slopes off to see a man called Benji, and asks him about Shireen's whereabouts. Who is this Benji, and why is Nicola so sure that he has this information?

Following a situation involving some dodgy drugs, Nicola is later forced to admit to Teddy that she's a dealer. It's not ideal, but the ruthless blonde is more rattled about a potential business deal between him and Junior, and she urges her ex-husband to back out. Why has the deal made Nic so nervous?

» **PLUS** Nigel breaks down on Linda, Kathy is caught in the middle of Jean and Ruby, Amy and Avani try to help grieving Lily, and a special episode follows Phil's four-week stay in the mental-health unit.

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ALSO IN THE SOAPS THIS WEEK...

CORONATION STREET

» Tracy gets a shock visit from Rob (right), James Bailey returns with a proposition for Dee-Dee, Daisy holds a memorial for her baby, Debbie has run-ins with Eileen and Mick, and Evelyn wants to help Cassie.

EMMERDALE

» Chas mysteriously collapses (above), Aaron gets engaged to John, Joe's grand plan is revealed, Sarah is drawn to streetwise thief Kammy, Manpreet arranges to meet her blackmailer, and Jai thinks Caleb is hiding something.

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GONE:

- ✗ Difficult to get into bath
- ✗ Old shower rail and curtain
- ✗ Retro pink bathroom suite
- ✗ Dated taps and fixtures
- ✗ Tired floor vinyl
- ✗ Hard to clean grout

NEW:

- ✓ Easy step shower
- ✓ New shower glass and safety grab rail
- ✓ Clean and sophisticated bathroom suite
- ✓ New, fresh vinyl flooring
- ✓ Easy clean walls

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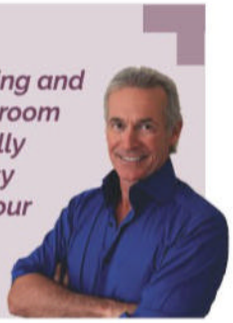
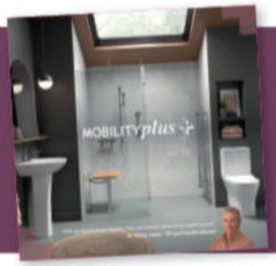
Dr Hilary Jones





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From left: Suzie, Judith, Becks and Tanika

Clue CLUB

The Marlow pals are back to investigate more murders

NEW CRIME DRAMA

The Marlow Murder Club

Wednesday, 8pm & 9pm, U&Drama (box set, U)

In the first season of U&Drama's hit Buckinghamshire-set whodunnit *The Marlow Murder Club*, a trio of intrepid amateur detectives discovered a talent for crime-solving.

Now, as a second run begins, shrewd crossword compiler and ex-archaeologist Judith (Samantha Bond), perceptive vicar's wife Becks (Cara Horgan), and spirited dog walker Suzie (Jo Martin) have formed a strong bond that has given each of them a new purpose.

'A real friendship has blossomed between them,' says Bond, 63. 'Judith's whole world has widened due to Becks and Suzie, and it has given her the courage to embrace new experiences. And as actresses, too, we've got a camaraderie and shorthand now.'

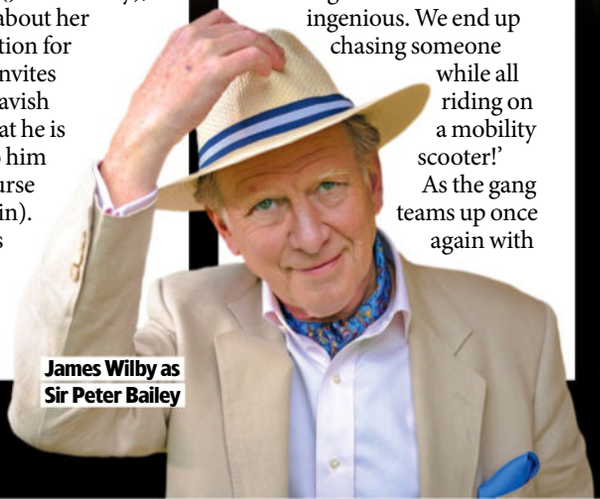
KILLER INSTINCTS

The opening instalment of the new six-episode season, which comprises three two-part investigations, sees Judith receive a call from wealthy landowner Sir Peter Bailey (James Wilby), who has heard about her growing reputation for sleuthing, and invites her to attend a lavish garden party that he is hosting prior to him marrying his nurse Jenny (Yuna Shin).

Peter believes that something bad is going to happen, and he is proved right when, after the bash gets under way and a family row ensues, he is found crushed to death under a cabinet in his study.

'Judith never thinks anything is an accident and because something was worrying Sir Peter, she's confident that it was murder,' shares Bond. 'But because he's killed by a piece of furniture in a locked room, it's about working out how someone got in or out. It's ingenious. We end up chasing someone while all riding on a mobility scooter!'

As the gang teams up once again with tenacious local cop DS Tanika Malik (Natalie Dew), later episodes feature a murder in a cul-de-sac amid ructions over a new housing development, and a death at a sailing club, while Judith dips her toe back into the world of archaeology,



James Wilby as Sir Peter Bailey

MAGICAL SETTING

The guest cast includes appearances from Samantha Womack, Patrick Robinson, Nina Sosanya, Hugh Quarshie and James Gaddas. But Bond believes that the real star of the show remains the riverside town of Marlow itself.

'The intrigues of the plot appeal to audiences, but so does the beauty of Marlow – the river is bewitching,' she reflects. 'And the local people have been amazing with us – they kept stopping us to say they're thrilled we are back. It's a magical part of the world.'

WORDS: CAREN CLARK. PHOTOS: U&DRAMA

Look Who's Back...

A familiar face appearing in a new show this week

Robert Webb

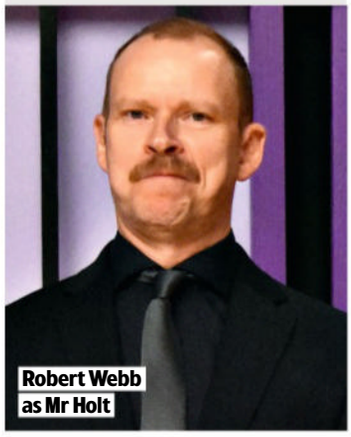
NEW **High Hoops**

Monday-Friday, 6.25pm, CBBC (box set, BBC iPlayer)

Born in Lincolnshire, Robert Webb teamed up with David Mitchell for nine series of C4 sitcom *Peep Show* (inset) from 2003 until 2015. The pair also starred in various sketch shows, including *That Mitchell and Webb Look*. Webb was a contestant on *Strictly Come Dancing* in 2021 but withdrew after a few weeks, due to a health condition, while other credits include *Whitstable Pearl* and *Death in Paradise*.

HIS NEW SHOW

This week, Webb, 52, plays uptight head teacher Mr Holt in new children's comedy series *High Hoops*, which follows accident-prone teen Aoife (Darci Hull), who vows to transform the fortunes of her school basketball team and reinvent herself at the same time. 'Mr Holt is an aggressive, competitive and angry teacher,' says Webb. 'Aoife's come to a new school and wants to be one of the cool girls. But Mr Holt speaks to her quite disrespectfully, which is lots of fun for me.'



Robert Webb as Mr Holt

Sally Lindsay returns for more sleuthing in sunny France

Bonjour, Madame!

NEW DRAMA

The Madame Blanc Mysteries

Thursday, 9pm, 5

When Sally Lindsay, the creator and star of *The Madame Blanc Mysteries*, saw her castmates Sue Holderness and Robin Askwith riding jet skis on their day off from filming, she knew she had to incorporate it into the show.

'I saw them zipping across the Mediterranean, and I went, "Right, that's going on the telly,"' recalls Lindsay. 'There are no body doubles – that's really them doing it, and they spent all day filming it. Where else will you see two 70-plus hotties on TV looking that gorgeous? That representation is really important to me.'

The fourth run begins as Judith and Jeremy, played by Holderness and Askwith, discover the body of a businessman in a boat out at sea, with two rare coins covering his eyes. Antiques expert and amateur sleuth Jean (Lindsay) delves into the case to see if the coins point to the killer – while also trying to keep her new romance with best friend Dom (Steve Edge) under wraps.

'It's exciting for Jean and Dom – it's a bit like they're still at school, but it's the other end of the age scale,' says Lindsay, 51. 'Neither of them wants kids and they're both financially independent, so they've got no reason to rush.'

GOZO-BOUND

Although set in France, the series is filmed on the Maltese island of Gozo, and the show's success has done wonders for the local tourism industry.

'Whenever there's an episode on TV, bookings for holidays in Gozo go up,' smiles Lindsay. 'When we were filming, loads of holidaymakers were coming over because they'd seen the show. There has been talk of an [organised] tour, with my big head on the side of a bus – but I don't think I could handle that!'

Sue Holderness and Robin Askwith on location

Holderness, Steve Edge and Askwith as Judith, Dom and Jeremy

Paul Hollywood and Lady Caroline Waldegrave

Sweet Caroline

New judge **Lady Caroline Waldegrave** joins *Bake Off*'s celebrity specials

NEW COOKERY

The Great Celebrity Bake Off

Sunday, 7.40pm, C4

As a fresh batch of stars prepare to showcase their baking skills and raise money for Stand Up to Cancer, there's a new judge tasting their wares – cookery writer and teacher Lady Caroline Waldegrave.

She's filling in for regular judge Dame Prue Leith, her friend, who is sitting out this year's celebrity specials. The opening episode sees husband-and-wife podcasters Chris and Rosie Ramsey taking on property-presenter siblings Scarlette and Stuart Douglas – but who will win the coveted Star Baker apron?

Here, Waldegrave, 72, reveals what it was like to join Paul Hollywood in the famous tent...

WORDS: STEVEN PERKIN'S, VICTORIA WILSON. PHOTOS: BBC, C4, CHANNEL 5, SKY

Chris and Rosie Ramsey and Scarlette and Stuart Douglas

How did you feel about joining the show? I was completely terrified. Then, when I turned up, there were flowers and banners saying, 'Welcome!' Everyone was so kind and friendly that I relaxed.

You've known Prue for many years. Did she give you any advice? She told me to be brave and say what I think. The thing I've learnt from teaching is that if you say the nice bit first, then they can hear a little bit about what might have gone wrong.

It's very much a family affair in the first episode. Was there a lot of rivalry between the contestants? There's great chemistry in the tent this week. We laughed most of the time, and the dynamic between the four of them was really interesting.

Were there any other celebrity bakers that you were excited to meet? I have always admired Phil Wang, so I was really pleased to see him later in the run. I'd watched a lot of *Ghosts*, so I was happy to see Jim Howick, too – he's the most extraordinary man because he's so modest; you wouldn't know he was a star at all. And the person who was the most fun and full of energy was Sophie Willan [from BBC2's *Alma's Not Normal*]. You couldn't not like her.

What else can I watch?

We search the TV schedules to uncover the shows you might have missed...

The Richard Dimbleby Lecture with Sir Gareth Southgate

NEW

Wed, 10.40pm (times vary), BBC1

In the week that Thomas Tuchel takes charge as England manager, former Three Lions coach Sir Gareth Southgate (right) dispenses his philosophy of life in a one-off lecture. Now a visiting lecturer at Harvard, Southgate – who led his players to a World Cup semi-final and two European Championship finals – shares his thoughts on the power of unity, the concept of belief, and the importance of resilience, especially for young people in a fast-changing and challenging world.

Tempting Fortune

Sunday & Monday, 9pm, C4

The back-stabbing reality show returns for a second eight-episode series hosted by Paddy McGuinness (left) as 12 new contestants are dropped into the Malaysian jungle for a test of willpower and honesty as they compete for a cash prize. With just basic rations and survival equipment, they must trek for 18 days while trying to resist luxuries in order to win. Will they be tempted? And if so, will they come clean?

The Equalizer

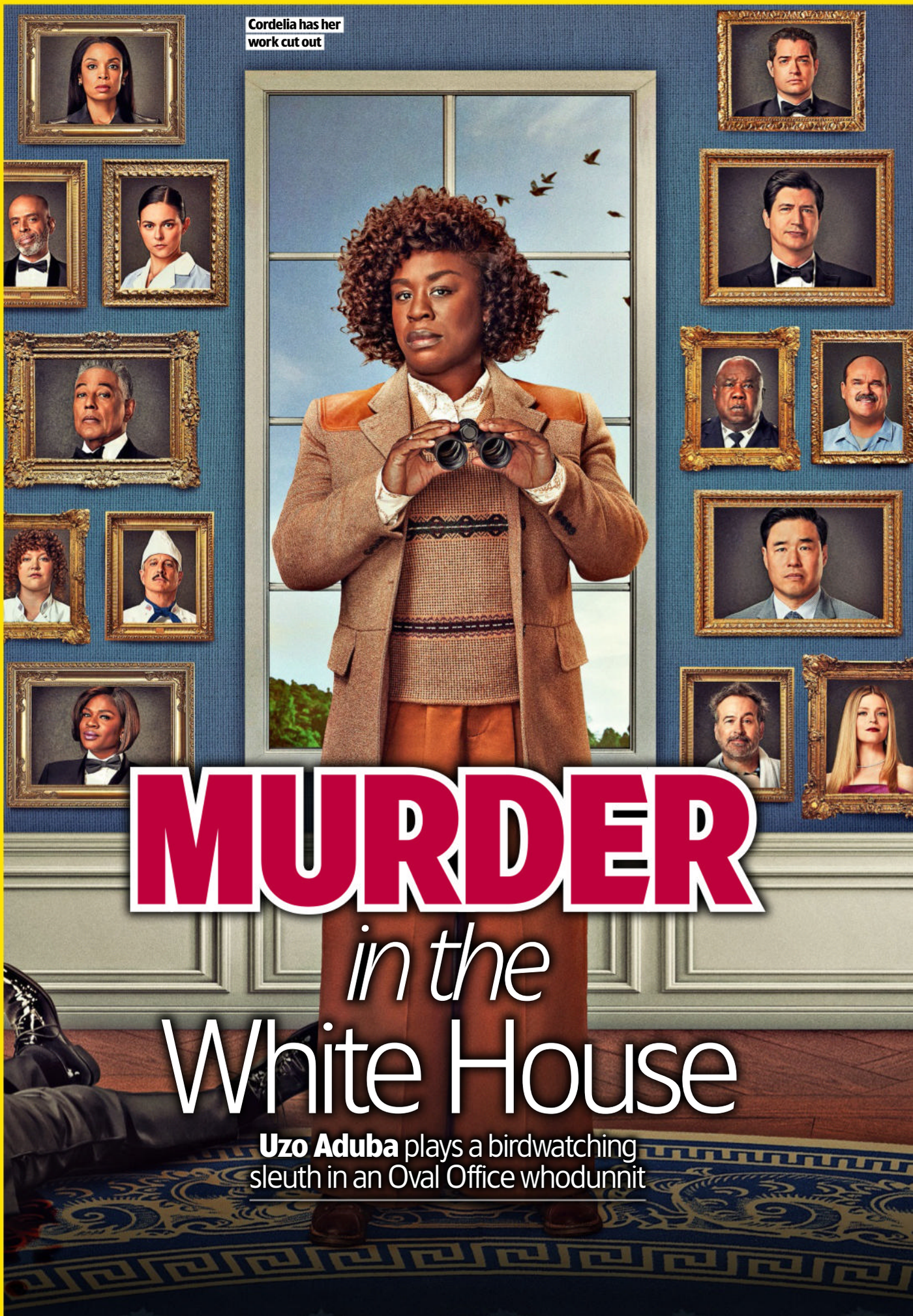
Wednesday, 9pm, Sky Witness

This week's episode finds Robyn (Queen Latifah, left) going undercover at a female prison to find a woman who went missing on the day she was scheduled to be released. When the prison admits it has 'lost' an inmate on a previous occasion, Robyn goes inside as an inmate to uncover the truth, and gets caught up in a high-stakes game of life and death. Can she escape the danger?

The White Lotus

Monday, 9pm, Sky Atlantic

It's a dark night of the soul for the Ratliff clan as Victoria (Parker Posey) is horrified when daughter Piper (Sarah Catherine Hook, left) reveals her intentions to spend a year in a Thai monastery, while Tim (Jason Isaacs) spirals deeper into despair over the legal troubles back home. Meanwhile, Belinda (Natasha Rothwell) attempts to share her fears about Greg (Jon Gries) – but will anyone believe her?



Cordelia has her work cut out

MURDER *in the* White House

Uzo Aduba plays a birdwatching sleuth in an Oval Office whodunnit

NETFLIX The Residence

NEW *Available: Thursday 20 March*
Genre: Comedy drama Season: 1 Eps: 8

Her breakthrough role came as jailbird Suzanne 'Crazy Eyes' Warren in hit Netflix prison drama *Orange Is the New Black*. Now, Uzo Aduba is on a mission to put a felon behind bars when she plays an eccentric sleuth investigating foul play at the White House in *The Residence*, an ambitious new whodunnit from the makers of *Grey's Anatomy* and *Bridgerton*.

Aduba stars as detective Cordelia Cupp, who is called to the prestigious Washington residence when a member of the staff is found dead.

'The show is about a murder mystery that takes place at the White House on the night of a state dinner,' explains Aduba, who previously played pioneering Black US politician Shirley Chisholm in drama series *Mrs. America*. 'It involves all the people who are in that world – the staff, presidential administration and guests in attendance that evening.'

Kylie Minogue stars as herself

QUIRKY APPROACH

Every TV sleuth worth his or her salt has a quirk, and for Cordelia, it's birdwatching.

'Cordelia is an avid birder and sees the world through their unique abilities, which informs the way she approaches solving cases and the kind of detective she is,' says Aduba, whose character is first spotted peering through binoculars on the White House lawn. 'Her birding background also speaks to her memory and her eye for detail. Birding is a solo sport, and she's a solo player.'

Cordelia's first job is to inspect the crime scene, a games room where the body of chief usher A.B. Wynter (Giancarlo Esposito) was found by the President's mother-in-law (Jane Curtin), along with a suicide note.

'The role of the chief usher is almost like the head of state for the staff – they organise, schedule and direct everybody,' explains Aduba.

The suspects include members of the large White House staff, President Morgan (Paul Fitzgerald) himself, plus his family and entourage, from close adviser Harry Hollinger (Ken Marino) to troubled younger brother Tripp (Jason Lee), not to mention the hundreds of guests, including the Australian Prime Minister (Julian McMahon) and his diplomatic staff, and star turn Kylie Minogue (playing herself).

The high number of suspects makes this a particularly challenging case for the no-nonsense detective, who is aided and abetted by FBI agent Edwin Park (Randall Park) and Chief of Police Larry Dokes (Isiah Whitlock Jr).

'Cordelia understands very quickly that this will not be an easy case to solve,' says Aduba, 44. 'Anyone could have committed this crime.'

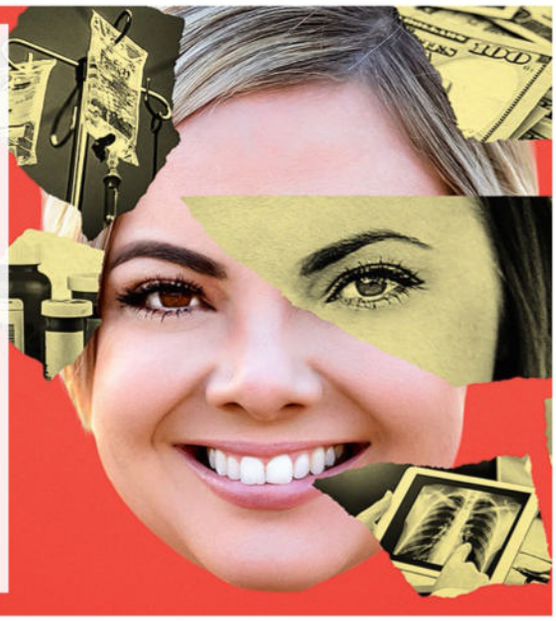
What we're watching...

The shows being enjoyed by the *TVSW* team

Disney+ Scamanda

Genre: Documentary Season: 1 Episodes: 4

Viewers appalled by the deceptive behaviour of Belle Gibson in Netflix's fact-based drama *Apple Cider Vinegar* will be equally horrified by the actions of Amanda C. Riley (right) – the subject of this compelling docuseries. Just like Gibson, Riley faked cancer for financial gain. Based on the podcast of the same name, *Scamanda* reveals how the personable Riley, a young Californian wife and mother, unashamedly conned her fellow churchgoers, friends and many social-media followers into donating more than $100,000 for her 'treatment'.



NETFLIX Zero Day

Genre: Thriller
Season: 1 Episodes: 6

Robert De Niro (right) brings his star power to a timely political thriller as a former US President called out of retirement to investigate who was behind a devastating cyberattack that left thousands dead.

NETFLIX American Murder: Gabby Petito

Genre: Documentary
Season: 1 Episodes: 3

This docuseries about the murder of 22-year-old Gabby Petito (right) – killed by her fiancé Brian Laundrie while on a trip across America in 2021 – incorporates footage she took of their journey.

Now in production...

Three upcoming shows to look out for soon

tv+ Bono: Stories of Surrender

Apple TV+'s documentary, airing from 30 May, will take a look at the U2 frontman's one-man stage show, as Bono (above) discusses his upbringing, family life and faith, as well as his career and activism, while he also performs some of his hits.

Disney+ Descendants 5

A fifth instalment of Disney+'s fairy-tale follow-up is on its way, which will see Kylie Cantrall (above) return as the Queen of Hearts' daughter Red, alongside Malia Baker as Cinderella's daughter Chloe, as the pair face up to the fallout from their recent time-travelling.

tv+ Maximum Pleasure Guaranteed

Tatiana Maslany (above) will star in Apple TV+'s 10-part comic thriller about a mum caught in a web of blackmail and murder, as she becomes embroiled in the competitive world of youth soccer.

WORDS: CAREN CLARK. JUDY EWENS, IAN MACEWAN. PHOTOS: GETTY, NETFLIX, SHUTTERSTOCK. ©2025 DISNEY & ITS RELATED ENTITIES

Jimmy Carr (bottom centre) takes charge

Playing it straight

Jimmy Carr on his new show where laughter is for losers...

Last One Laughing UK

prime

NEW *Available: Thu 20 March Genre: Comedy Season: 1 Eps: 6 (first four eps from Thu 20 March; eps 5-6 from Thu 27 March)*

We're used to comedians making us laugh but what happens when Bob Mortimer, Rob Beckett and Daisy May Cooper are put in a room together and banned from even the slightest giggle?

That's the premise of Prime Video's six-part show *Last One Laughing UK*, hosted by Jimmy Carr, in which 10 comedians – also including Joe Lycett, Sara Pascoe, Richard Ayoade, Joe Wilkinson, Lou Sanders, Judi Love and Harriet Kemsley – are brought together to try to make each other laugh. The last one to keep a straight face wins.

'It's a very simple but brilliant format,' says Carr. 'None of the comedians know who they're competing against until they walk in and the game begins. The winner is whoever can refrain from laughing for the longest.'

We met up with Carr, 52 to hear more....

The format has already been a hit in other countries. What's its secret? It's like turning comedy into a sport. You see some playing offence, they're getting straight in there, going up to other people and trying to make them laugh, while others are playing defence. Comedians are not generally the sporty kids. We're the ones who had to be funny and suddenly this is our chance to be sporty.

Comedian Roisin Conaty is also in the show. What's her role? Roisin and I sit in an adjacent room watching the comedians on a screen. We're looking to see who cracks and as soon as they do, they're ejected and have to come and join us.

How hard do they find it not to laugh? There was some unbelievable gurning going on. A few of the comedians had been online to research the best ways to keep a straight face and avoid cracking.

Did anyone surprise you with their efforts? A couple did much better than I expected. Rob Beckett has a resting cheerful face and is someone who looks like he's half laughing at all times, so that's quite challenging for him.

Who would be your biggest threat if you were a contestant? Bob Mortimer would be my weakness with his brilliant comedy. He would definitely set me off.

Angela Bassett as Athena

Kidnapped!

Can Athena save Maddie's life as *9-1-1* returns?

Disney+

9-1-1

NEW *Available: Friday 21 March Genre: Crime drama Season: 8 (part 2) Episodes: 10 (released weekly)*

Call-centre dispatcher Maddie Han is caught up in a terrifying kidnapping ordeal as Ryan Murphy's all-action first-responder drama returns to Disney+ for the second half of Season 8.

Actor Jennifer Love Hewitt has endured dozens of perilous situations as Maddie since joining the show in Season 2, but the 46-year-old star says her latest storyline is the scariest yet as a pregnant Maddie is snatched by a serial killer.

As the Los Angeles team comforts Maddie's husband Chimney (Kenneth Choi), patrol officer Athena (Angela Bassett) must race against time to save her colleague's life.

'It is the craziest thing I have ever done on *9-1-1*,' says Love Hewitt. 'I wasn't ready for it – and I don't think the audience will be either. I did not know this storyline was coming and I can't wait for people to see what happens. It is so wild, but so much fun.'

Elsewhere, fans will also get to witness the fallout from Station 118 firefighters Tommy and Buck's break-up, while colleague Eddie is set to move to Texas to reunite with his son Christopher.

'I'm really excited for the first episode back,' says showrunner Tim Minear. 'We used the first half of the season to tie up loose ends and reunite the 118. Now, we are going to blow it the hell apart.'

Maddie (Jennifer Love Hewitt)

WORDS: CAREN CLARK, TESS LAMACRAFT, RICHARD MCCLURE, REBECCA MAHONEY PHOTOS: BBC, ITV, PRIME VIDEO, PARAMOUNT+, ©2025 DISNEY & ITS RELATED ENTITIES

Keith Hunter Jesperson (Quaid) and Melissa Moore (Ashford)

Dennis Quaid and Annaleigh Ashford star in the haunting true tale of a serial killer

Sins of the father

Paramount+

Happy Face

NEW *Available: Friday 21 March*
Genre: Drama Season: 1 Episodes: 8
(first two eps from 21 March, then weekly)

The daughter of a notorious serial killer uncovers unimaginable horrors in this gripping drama that delves into the chilling true story of Keith Hunter Jesperson, who is currently serving life in prison for a shocking 1990s murder spree.

Inspired by an acclaimed podcast hosted by Jesperson's daughter, Melissa Moore, the eight-parter stars Dennis Quaid as the evil trucker, who forces his way back into his daughter's life decades after being exposed as the 'Happy Face Killer', so-nicknamed after signing smiley faces on his many letters to police and the media.

Melissa was 15 years old when she discovered her once-beloved father had murdered at least eight women over five years. Years later, we find Melissa (Annaleigh Ashford) living with husband Ben (James Wolk), who also knows the truth, although her children are clueless about their family's dark past.

MINDSET OF A MURDERER

When an imprisoned Jesperson tracks down his daughter to a TV talk show where she works, he calls charismatic host Dr Greg (David Harewood), claiming he has a long-held secret to confess, and Melissa becomes determined to uncover if an innocent man will be put to death for a crime that her father committed.

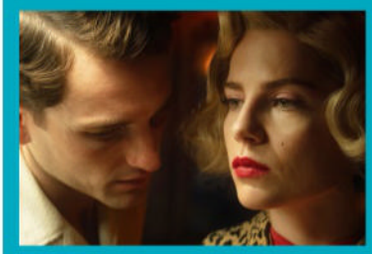
The series follows Melissa's troubled quest to understand her dad's double life as she visits him in an Oregon prison with Dr Greg's justice-seeking true-crime producer, Ivy (Tamera Tomakili), while flashbacks also reveal the intricate father-daughter relationship at the heart of the drama.

'I wasn't necessarily interested in playing a serial killer, but what drew me to it was what the show's about – the relationship between Jesperson and his daughter,' says Quaid, 70, who recently starred in 2024 biopic *Reagan* and Oscar-nominated film *The Substance*.

'Melissa was a little girl back then, and he was a doting father at the same time that he was committing these murders. When he was caught, Melissa had to reconcile the fact that her father was a serial killer.'

EVERYONE'S TALKING ABOUT...

We point you towards the TV moments you won't want to miss on catch-up



ITV X

A Cruel Love: The Ruth Ellis Story

In ITV1's factual drama, Ruth Ellis (Lucy Boynton) shoots her abusive lover David Blakely (Laurie Davidson), and solicitor John Bickford (Toby Jones) struggles to convince her to reveal evidence that could save her.

BBC iPLAYER

Towards Zero

BBC1's adaptation of Agatha Christie's novel sees the new and ex wives of tennis star Nevile Strange (Oliver Jackson-Cohen) come to stay at the stately home of Lady Tressilian (Anjelica Huston), and a shocking altercation leads to murder.

ITV X

The Bay

The return of ITV1's crime thriller follows family liaison officer Jenn Townsend (Marsha Thomason) as she investigates the death of a young woman whose body is found in a canal, and then the victim's boyfriend goes missing...

BBC iPLAYER

The Americas

The BBC1 series, narrated by Tom Hanks, looks at the supercontinent's wildlife, from bald eagles and osprey fighting over fish in Chesapeake Bay to bears looking for cherries in the Great Smoky Mountains and a raccoon family in New York City.

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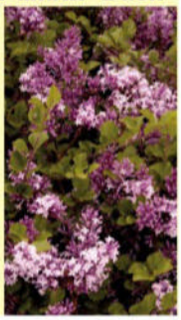

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Pick of the new releases

The best new shows to enjoy this week on streaming services...

The Simpsons
Monday 17 March

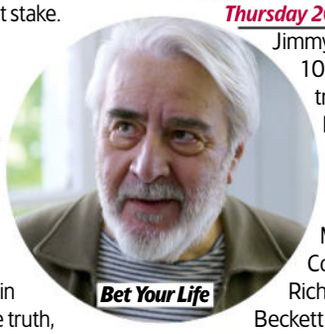
Season 36 of the animated sitcom opens with former celebrity guest stars on the show attending a celebration of the 'series finale', hosted by its former writer Conan O'Brien.

Inside
Monday 17 March

Daily reality series from British YouTubers the Sidemen. Ten contestants stay in a house, where they are set a series of challenges, for a week, with some big cash prizes at stake.

Until You Burn
Monday 17 March

Colombian drama. When his brother dies in mysterious circumstances, an ex-convict poses as a renowned ship's captain in order to uncover the truth, believing that one of the most powerful families on the Caribbean coast was responsible for murdering him.


Bet Your Life

The Twister: Caught in the Storm
Wednesday 19 March

Documentary using first-hand footage to go inside a deadly tornado. On 22 May 2011 in Joplin, Missouri, as graduating students collected their diplomas, the town was hit by a monster tornado, with winds of 200mph, and the school was in the eye of the storm.

Bet Your Life
Thursday 20 March

Turkish supernatural comedy drama. A down-and-out sports-betting writer crosses paths with the ghost of a bossy business tycoon who demands he helps him solve his own murder.

The Residence
Thursday 20 March

Mystery comedy drama starring *Painkiller*'s Uzo Aduba as a brilliant but eccentric detective investigating a murder during a state dinner at the White House. The suspects include dinner guests and the residence's staff. With *This Is Us*' Susan Kelechi Watson, *Fresh off the Boat*'s Randall Park and *My Name Is Earl*'s Jason Lee. See feature, page 14.

Last One Laughing UK
Thursday 20 March

Jimmy Carr challenges 10 British comedians to try to make each other laugh without so much as cracking a smile themselves. If they do, they're out. Bob Mortimer, Daisy May Cooper, Sara Pascoe, Richard Ayoade and Rob Beckett are among those taking part. See feature, page 16.

Wolf King
Thursday 20 March

Animated fantasy adventure. A young boy comes of age and discovers he is the heir to a throne and the last in a long line of werewolves.

Be@rbrick
Friday 21 March

CG animated musical-comedy series for kids and families that brings the Be@rbrick toys to life. It follows Jasmine Finch and her bandmates as they pursue their dreams and inspire others to do the same.

Happy Face
Friday 21 March

Crime drama based on the true-life story of Melissa Moore, who discovered that her father Keith Hunter Jesperson was the serial murderer known as the Happy Face Killer. After decades of no contact, the incarcerated killer finds a way to get back into his daughter's life. Starring *Welcome to Chippendales*' Annaleigh Ashford and Dennis Quaid. See feature, page 17.

O'Dessa
Thursday 20 March

Musical drama set in a post-apocalyptic future about a farm girl O'Dessa (*Stranger Things* star Sadie Sink) on an epic quest to recover a cherished family heirloom. Her journey leads her to a strange and dangerous city, where she meets her one true love – but, in order to save his soul, she must put the power of destiny and song to the ultimate test. Regina Hall co-stars.

Little Siberia
Friday 21 March

Finnish comedy drama. The life of Joel (Eero Ritala), a priest in a small Finnish town, is turned upside down when a meteorite lands. While he guards the valuable object from professional and amateur criminals, Joel has a personal mystery to unravel. His wife's recently revealed that she is pregnant, but Joel can't have children because of a war injury – something he's never told his spouse.

Little Siberia

Flowers Over the Inferno
Friday 21 March

Italian crime drama. Detective Teresa Battaglia (Elena Sofia Ricci) is on the trail of a mysterious killer on the loose in the Dolomite Mountains. But as she carries out her investigations, she begins to experience the first symptoms of Alzheimer's.

9-1-1
Friday 21 March

The second part of Season 8 of the American procedural drama sees dispatcher Maddie (Jennifer Love Hewitt) kidnapped by a serial killer who is terrorising LA. See feature, page 16.

Bloody Axe Wound
Friday 21 March

Horror-comedy film. In the small town of Clover Falls, the teenage daughter (Sari Arambulo) of an infamous serial killer (Billy Burke) comes of age. Will she follow her father's bloody footsteps? *The Walking Dead* actor Jeffrey Dean Morgan and *Dexter: Original Sin*'s Molly Brown also star.

Revelations
Friday 21 March

South Korean crime drama from *Train to Busan* director Yeon Sang-ho. A pastor who believes in divine revelation and a detective haunted by visions pursue a missing-person case, exposing their own demons in the process.

Woman of the Dead
Wednesday 19 March

The second season of the Austrian-German crime drama centring on Brünhilde Blum (Anna Maria Mühe, right), the owner of a funeral home. After setting out to avenge the murder of her husband in the last series, Brünhilde now finds her past catching up with her.

WORDS: JUDY EWENS. PHOTOS: NETFLIX. ©2025 DISNEY & ITS RELATED ENTITIES

Documentaries

Bradley Walsh

Chasing the pharoahs

Bradley Walsh heads to Egypt to discover who really built the Great Pyramid

NEW FACTUAL

Bradley Walsh: Egypt's Cosmic Code

Tuesday, 9pm, Sky History (box set, Sky Box Sets & NOW)

Armed with a notebook, measuring tools and a fedora hat, *The Chase* and *Gladiators* host Bradley Walsh channels his inner Indiana Jones to fulfil a lifelong dream when he visits Egypt to find out who really built the pyramids – and why.

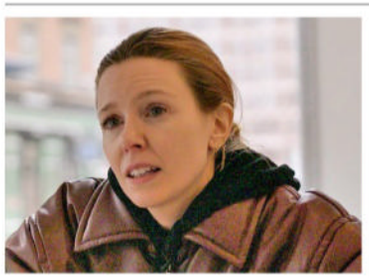
After starting his career as an apprentice at Rolls-Royce, Walsh became fascinated with ancient engineering and has always questioned the idea that the amazing structures were really constructed by the Ancient Egyptians 4,500 years ago.

'I heard this rumour that the pyramids weren't built by the Ancient Egyptians at all and that, in fact, they were built by a race that had died out, or by someone or something else,' explains Walsh, 64.

'When you hear people talk about the accuracy and precision of the pyramids, dimension-wise, it sounds incredible. I'm not a conspiracy theorist, but I need to find out the truth.'

ORIGINS

Cameras follow Walsh as he begins his quest for answers at Egypt's Great Pyramid, which was once the tallest structure on



Stacey Dooley: Meet the Shoplifters

Thursday, 9pm, BBC3

Shoplifting is at an all-time high, with 37% of Brits admitting to having stolen through the self-checkouts. In this one-off, Stacey Dooley (above) meets shoplifters like 'Chloe', a graduate who regularly steals skincare products, and joins cosmetics chain Bodycare in Manchester, where staff witness constant attempted thefts.

Our Dream Farm with Matt Baker

Saturday, 7pm, C4

The return of the *Apprentice*-style show in which a group of shorlisted applicants compete to secure a 15-year tenancy on a 600-acre farm in North Wales. Under the watchful eye of presenter and farmer Matt Baker (above, centre) and two National Trust experts, their first task is to round up a large flock of sheep.

Icons of Style

From Sunday 16 March, BBC iPlayer

A two-part series in which Kirsty Wark (above, with designer Pam Hogg) looks back over 60 years of Scottish fashion, from punk pioneer Vivienne Westwood's passion for tartan to pop star Annie Lennox's groundbreaking androgynous look. Contributors include actor Alan Cumming and Texas singer Sharleen Spiteri.

WORDS: HANNAH DAVIES, TESS LAMACRAFT. PHOTOS: ALAMY, BBC, C4, SKY

Dr Meredith Brand shows Walsh the construction techniques

Walsh with Egyptologist Arto Belekdanian

Earth and is the only surviving wonder of the ancient world.

Academics believe it was built 4,500 years ago for Pharaoh Khufu, the second king of Egypt's Fourth Dynasty, and that it took between 24 and 27 years to complete. But Walsh isn't convinced that would have been possible.

'If you do the number-crunching, it doesn't make sense,' he explains. 'They're moving a block of limestone the size of a car. And they've got to lay one of those every two and a half minutes to build what they did in the time they had.'

However, to challenge his own argument, Walsh teams up with leading Egyptologist Dr Meredith Brand, who's determined to prove how the Ancient Egyptians did indeed build the Great Pyramid and how they developed their engineering skills over 150 years.

'Meredith showed me where the beginnings of the pyramids were, so you can see their evolution over 150 years,' explains Walsh. 'One's wonky and one's drooping on one side, so it's all trial and error. It's like having Dame Mary Berry making the worst cake in the world and then all of a sudden 150 years later going, "Ta-da, here's a showstopper!"'

HISTORICAL MYSTERIES

Later in the three-part series, Walsh unlocks the riddle of the Sphinx, and enters Tutankhamen's tomb as he tries to decipher Egypt's cosmic code, which suggests the universe, mathematics and ancient monuments might all be linked through hidden number patterns.

'I'd never been to Egypt before, so when we first pulled up at the pyramids in a jeep it was just mind-blowing, like I'd stepped on to a movie set,' he says. 'Hopefully, people will watch this series because it certainly broadens the mind.'

Leaving Neverland 2: Surviving Michael Jackson

Tuesday, 9pm, C4

The 2019 docuseries *Leaving Neverland* saw James Safechuck and Wade Robson (above) recount their traumatic childhood experiences at the hands of the late Michael Jackson. This sequel follows their attempts to seek justice, despite the considerable backlash from Jackson's fans and estate.

The Americas

Sunday, 6.15pm, BBC1

This week's episode focuses on the animals of the Wild West, including the largest of America's land mammals – the bison – which is making a comeback after being hunted to near extinction. We also see half a million sandhill cranes roosting on Nebraska's Platte River, and acorn woodpeckers battle for the best food-storage sites.

Alice Roberts

Alice in wonderland

Professor Alice Roberts reveals the glories of Greece

NEW TRAVELOGUE

Ancient Greece by Train with Alice Roberts

Saturday, 8pm, C4

Alexander the Great's statue in Thessaloníki

From mainland Greece to the Cyclades and the Ionian coast of Turkey, Professor Alice Roberts is taking viewers on a journey into Ancient Greece for her new series.

Over five episodes, she reveals how the Ancient Greeks developed art, democracy and philosophy, and the influence it has had on our world as she meets archeologists and historians, and visits ancient sites including the ruins of Delphi.

INFLUENTIAL CULTURE

Her journey begins in Thessaloníki, where she learns about Alexander the Great and his father Philip II, king of Macedon.

'The history of Greece flows into the history of Rome and is the underpinning for Western civilisation. I don't think you can understand our society today if you don't engage with Greek history,' says Roberts, whose previous train travels included Ancient Egypt and the Ottoman Empire.

'Going to Aigai was a highlight because I've always wanted to see the tomb of Philip II. It was incredible and the new museum, next to the site of the royal palace, was beautiful and full of wonderful treasures.'

Later, she also travels to Delphi, one of the most popular tourist destinations in Greece.

DIPLOMACY

'One of the biggest surprises was the revelation that Delphi acted like a United Nations for the Greek city states,' continues Roberts. 'It was a political hub where representatives from other cities could gather in a neutral space.'

Subsequent episodes see her visit the historic island of Paros and get a tour by archaeologist Yannos Kourayos, who's been digging there for 25 years.

'Yannos' team have discovered a cache of ancient objects dating back to the geometric period [approx 900 to 700 BC] and also excavated an ancient site where the kilns are amazingly intact,' she adds.

'I love meeting ordinary people on the trains as well as the experts I interview. I hope the series gives viewers a sense of wonder, a different perspective on Greek history and inspires people to visit. We have a lot of fun making the series and I hope that shows.'

Films Our pick of this

Rise above: Ethan and Brandon

MOVIE OF THE WEEK

An astonishing account of friendship at a Florida reform school in the early 1960s

Nickel Boys

PERIOD DRAMA

Available now, Prime Video ★★★★★

Cinematographer-turned-director RaMell Ross' superb, risk-taking adaptation of Colson Whitehead's novel puts us in the shoes of two African-American boys wrongfully locked up in a brutal reform school in 1960s Florida. It does so by adopting a first-person point of view so that we witness the film's unfolding narrative through the eyes of its protagonists, a device that doesn't just immerse us in their experiences but makes us viscerally feel them as well.

To begin with, our perspective is mostly that of Elwood (Ethan Herisse), a bright teen who has his sights set on gaining admission to a local technical college. But after he innocently hitches a lift in a stolen car, he's incarcerated in the Nickel Academy (based on the notorious Dozier School), where the racist guards mete out violent abuse on the black students (the white inmates get a far easier ride).

There Elwood meets and befriends the more cynical Turner (Brandon Wilson), and the film's viewpoint now occasionally switches so that we see things from Turner's perspective, too. Later on, the shooting style takes another bold turn, with the camera now hovering slightly above and behind the character's head.

This isn't as successful as the more poetic style used earlier, but by then the film's radical empathy will have won you over. 2024, 12, 140MIN

WORDS: JASON BEST, NIGEL PIZEY, NEIL SMITH PICTURES: ALAMY

STAR RATINGS ★★★★★ **Excellent** ★★★★ **Very good** ★★★ **Good** ★★ **Average** ★ **Poor**

More premieres and Day by Day planner >>>

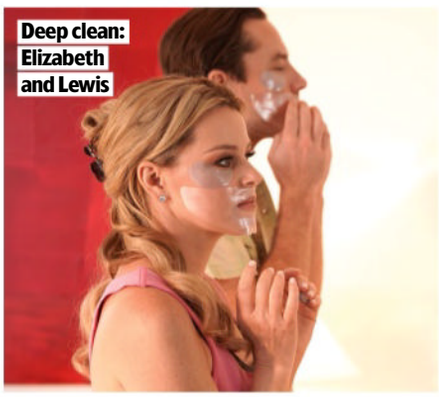
Week's Best Movies

BLACK COMEDY

Skincare

Sunday, 8.30am & 9.45pm, Sky Premiere ★★★

If ever a film highlighted the vacuous nature of Hollywood, this smart, darkly amusing film does it in spades. Elizabeth Banks' Hope is a skincare expert just about to launch her exclusive cosmetic range when all hell breaks loose: her email is hacked and a series of grotesque missives are sent to all her clients, her tyres are slashed and her customers are switching to new facial celebrity Angel (Luis Gerardo Méndez). Is he behind it all? Increasingly frantic and barely holding it together, Hope pulls in 'life coach' Jordan (Lewis Pullman) to help her, but time is running out... A movie that switches between high camp and sweaty tension with relative ease, this also shows the sad, empty, lonely lives of the main players, all being crushed by the weight of the American dream. 2024, 18, 96MIN



Deep clean: Elizabeth and Lewis

Blanked out: Sophie

SCI-FI THRILLER

Companion

Available now, to buy or rent from digital stores including Sky Store and Prime Video ★★★★

Although it's a cliche, the less you know about this fiendish thriller the better. The trailer gives too much away, which is a shame because going in fresh will set you up for a grisly treat. All you need to know is couple Jack Quaid and Sophie Thatcher travel to meet up with his pals (Megan Suri, Harvey Guillén and Lukas Gage) in a fabulous house out in the middle of nowhere, owned by a gregarious Russian (Rupert Friend). Once there, though, someone isn't who they seem... Writer-director Drew Hancock's debut is a superb lesson in juggling genres to create something special – the comedy elements are genuinely funny, the thriller aspects incredibly tense, while horror fans won't go away disappointed either. A mystery box worth unwrapping. 2024, 15, 97MIN

ANIMATION

Plankton: The Movie

Available now, Netflix ★★★

Still convinced that stealing the formula for Mr Krabs' crabbie patties is the first step to world domination, super-villain Plankton (voiced by Mr Lawrence) has yet another plot fail, leading to his irate computer wife Karen (Jill Talley) taking matters into her own hands. This CGI feature off-shoot from the world of *SpongeBob SquarePants* is a whole lot of fun, with much of this due to the focus being on such a wonderfully unrepentent baddie (although he does have a glimmer of awareness by the end). It's not up there with the first film based on the hit cartoon show, but it's not far off. 2025, PG, 87MIN

Hot potatoes: SpongeBob and Plankton

Before the pain: Blake and Justin

DRAMA

It Ends with Us

Friday, 11.10am & 8pm, Sky Premiere ★★★

A story involving domestic violence and coercive control comes with an incongruously glossy sheen in this take on Colleen Hoover's bestseller. An excellent Blake Lively plays Lily, who falls for slick neurosurgeon Ryle (Justin Baldoni, also directing) despite warning signs of his volatile streak. When it comes to the assaults its protagonist endures, Christy Hall's screenplay is admirably astute, carrying a ring of emotional truth. The tragic irony of this is that in the real world, Lively has filed a sexual harassment claim against Baldoni for his treatment of her on set. 2024, 15, 130MIN

Films

DOCUDRAMA

Better Man

Available now, to buy or rent from digital stores ★★★★

Who could possibly play singer Robbie Williams in a film of his life story? The answer turns out to be a CGI chimpanzee. The idea sounds stratospherically silly but in the hands of director Michael Gracey, here delivering even more razzle-dazzle than in his debut film *The Greatest Showman*, the simian conceit really does work.

It's a far-out but thrillingly fresh take on the well-worn musical biopic genre, although the film's narrative traces a very familiar arc – hard-scrabble childhood in working-class Stoke-on-Trent, meteoric rise to fame as the cheeky monkey in boy band Take That, followed by solo success accompanied by suicidal self-loathing and crippling addictions, through to eventual rehab and redemption.

A stunning motion-capture performance by Jonno Davies captures Williams' spirit remarkably well (Williams himself sings and narrates), while Gracey's extravagant staging of such hits as *Rock DJ*, *Angels* and *Let Me Entertain You* is truly exhilarating. 2024, 15, 135MIN

Robbie's just a cheeky monkey...

Hidden gems Great movies you might have missed...

FANTASY

The Green Knight

Prime Video ★★★★

Dev Patel stars in this Arthurian epic as the king's nephew Gawain. After beheading the creature of the title and cursing himself to the same fate, Gawain undertakes a journey of self discovery. On a quest to find his own version of knightly honour, he encounters thieves, giants and a talking fox. This is a dense, mysterious film that evades easy interpretation, but stick with it for striking visuals, an ominous tone and Patel's best performance yet. 2021, 15, 130MIN

COMEDY DRAMA

My Old Ass

Prime Video ★★★★

What would your 18-year-old self ask your 39-year-old self if you had the chance? That's the dilemma for teenager Maisy Stella who, after taking magic mushrooms, 'conjures' up her adult self in the shape of Aubrey Plaza. Although this uses an extraordinary element as a springboard, writer-director Megan Park's film is grounded in the turmoils of youth. It's funny, poignant and has a beautifully tender finale. 2024, 15, 89MIN

MYSTERY THRILLER

Sharper

AppleTV+ ★★★★

A terrific puzzle-box of a film, this doesn't stay in the realm of charming meet-cute romance in which it begins. The narrative comprises of four chapters, named after characters played by Justice Smith, Briana Middleton, Sebastian Stan and Julianne Moore. The stars are terrific and director Benjamin Caron keeps a deft grip on the slippery secrets and surprises in store. So sit back and enjoy – and make sure you keep your wits about you. 2023, 15, 116MIN

Saturday 15 March

ROMCOM

Ticket to Paradise

9pm, C4 ★★★

Sex ●●● Violence ●●● Language ●●●

If ever there was a movie to highlight just how much effortless charm and star power can achieve, this is it. George Clooney and Julia Roberts have been happily divorced for almost 20 years when their daughter Kaitlyn Dever decides to marry Balinese seaweed farmer Maxime Bouttier. So the bickering pair try to bury their distain for each other and join forces to stop the nuptials. The plot is by-the-numbers, but George and Julia make terrific company with their snark and snipes, before feeling the bonds between them grow again. Although more sentimental than comic, this still has the feel of a classic old-school screwball comedy. 2022, 12, 104MIN

Family ties: Kaitlyn, Julia George and Maxime

CLASSIC THRILLER

The Third Man

2.50pm, BBC2 ★★★★★

Sex ●●● Violence ●●● Language ●●●

Carol Reed's famous thriller will always be remembered for two things: the catchy zither score and Orson Welles' perfect first appearance in a shadowy doorway. His Harry Lime is a master-criminal at large in a post-war Vienna of fairs and ruins, shapes and shadows. He's only on screen for around 10 minutes, yet his huge personality completely dominates this tangled tale of corruption and intrigue. Joseph Cotten is an old friend on his trail, Trevor Howard is a British officer on the sidelines and Alida Valli the woman he left behind. 1949, PG, 104MIN

ROMANCE DRAMA

The Photograph

11.40pm, BBC1 (12.40am Scot) ★★★

Sex ●●● Violence ●●● Language ●●●

Writer-director Stella Meghie's double-decker romance features the intertwined stories of two pairs of lovers from different times. LaKeith Stanfield and Issa Rae have real chemistry as New York journalist Michael and museum curator Mae, who come together after Michael's pursuit of a story in Louisiana uncovers a tale of lost love from the 1980s involving ambitious photographer Christina (Chanté Adams) and fisherman Isaac (Y'lan Jefferson). The photography has a burnished glow, while the jazz and soul soundtrack adds to the film's lush pleasures. 2020, 12, 106MIN

ACTION COMEDY

American Made

9pm, Comedy Central ★★★

Sex ●●● Violence ●●● Language ●●●

In this breezily satirical, fact-based film, Tom Cruise plays Barry Seal, a skilled but jaded pilot-cum-Cuban cigar smuggler who gets recruited by the CIA in the late-1970s to take reconnaissance photography of communist insurgents in Central America. Before long, he's not only acting as a go-between for the CIA with General Noriega in Panama and the Sandinistas in Nicaragua, but also running drugs and guns on the side for Colombia's Medellin cartel. Flying by the seat of his pants, there is a larky charm to Barry's escapades, before things turn scuzzy. 2017, 15, 115MIN

THRILLER

The Dry

1.05am, Sky Originals ★★★★

Sex ●●● Violence ●●● Language ●●●

The parched, drought-hit land around an Outback town is fertile territory for secrets and lies in this thriller based on Jane Harper's hit novel. Eric Bana is superb as a haunted cop forced to go back to his home town after his childhood pal has, apparently, shot his wife, kid and then turned the gun on himself. But Bana's presence opens up bitter wounds of a murder 20 years earlier... Wonderfully acted, well paced and shot with a masterful eye, this is gripping stuff. 2020, 15, 117MIN

■ Full listings start on p35

Sunday 16 March

COMEDY DRAMA

The Holdovers

3.55pm, Sky Drama ★★★★★

Sex ●●● Violence ●●● Language ●●●

At a 1970s boarding school in New England, strict professor Paul (Paul Giamatti) is landed with supervising the students unable to return home over the Christmas holidays, including angry Angus (Dominic Sessa). But, along with Oscar-winning Da'Vine Joy Rudolph's grieving cook Mary, they gradually connect. Giamatti gives a wonderfully warm performance as Paul lets down his reserve and Sessa's charm renders Angus, swaggering but in emotional pain, endearing. But it is Mary who is the movie's beating heart in director Alexander Payne's loving, subtle and moving testament to the power of the human spirit. 2023, 15, 133MIN

Close up: Dominic, Paul and Da'Vine

ANIMATION

The Super Mario Bros Movie

Available now, Netflix ★★★

Sex ●●● Violence ●●● Language ●●●

This outing for the videogame brothers has Mario (voiced by Chris Pratt) and Luigi (Charlie Day) as down-on-their-luck Brooklyn plumbers. They seize the chance to become heroes when a water main bursts, but are split up and spat out by a magical pipe into a mysterious kingdom. So Mario sets off to save Luigi, meeting familiar faces along the way. The trim run time means it's underdeveloped, but the excellent voice cast (including Anya Taylor-Joy and Keegan-Michael Key) ensures for plenty of zippy fun. 2022, PG, 92MIN

MUSICAL

The Greatest Showman

5.45pm, C4 ★★★★

Sex ●●● Violence ●●● Language ●●●

This barnstorming musical extravaganza inspired by the life of 19th-century circus impresario PT Barnum stars an ideal Hugh Jackman as the man who basically invented showbusiness. Snubbing society snobs in New York, he starts his own theatre with a bunch of oddballs and misfits, allowing them to shine. Zac Efron, Michelle Williams, Rebecca Ferguson and Zendaya provide colourful support, *La La Land*'s Benji Pasek and Justin Paul provide the foot-stomping songs and director Michael Gracey supplies the spectacle. 2017, PG, 105MIN

CLASSIC THRILLER

The French Connection

10pm, BBC2 (not NI) ★★★★★

Sex ●●● Violence ●●● Language ●●●

The first of a double-bill of classic thrillers showing in tribute to Gene Hackman, who died last month. Winning one of this film's five Oscars, Hackman is seedy New York cop 'Popeye' Doyle who, with his sidekick Roy Scheider, is determined to bring down Fernando Rey's drug kingpin. Also winning an Oscar, director William Friedkin's gritty, cynical thriller was a break from the gloss of Hollywood – and he also delivers one of cinema's greatest car chases, the justly famous sequence involving Hackman pursuing an elevated railway train. 1971, 18, 104MIN

CLASSIC THRILLER

The Conversation

11.40pm, BBC2 (12m't NI) ★★★★★

Sex ●●● Violence ●●● Language ●●●

The 1970s was the decade for edgy movies and few come more so than this all-time great from director Francis Ford Coppola. In one of his defining roles, Gene Hackman plays a lonely surveillance expert who is convinced that he has unearthed a murder plot after recording an apparently innocent conversation in a park. But the closer he gets to the truth, the more his life spirals out of control in a nightmarish and unforgettable thriller. 1974, 12, 113MIN

■ Full listings start on p45

Weekday movies over page

Monday 17 March

ADVENTURE

The Northman

9pm, Film4 ★★★★

Sex ●●● Violence ●●● Language ●●●

Adapted from the Icelandic tale of Prince Amleth, which also inspired *Hamlet*, this adventure stars Alexander Skarsgård as a prince bent on avenging the murder of his father (Ethan Hawke), killed by his half-brother (Claes Bang) who claimed the throne and took the queen (Nicole Kidman). For a seemingly straightforward revenge tale, this film also examines the cost of revenge and the nature of its hero's journey. It's an impressive, relentlessly entertaining adventure to be savoured. 2022, 15, 137MIN

Knives out: Alexander

DRAMA

The Great Escaper

6.10pm, Sky Drama ★★★★

Sex ●●● Violence ●●● Language ●●●

Determined to attend the 2014 70th anniversary D-Day commemorations in France seeking closure for wartime traumas, Michael Caine's Bernie Jordan makes an audacious breakout from his care home. A heartfelt real-life drama about the tenacity of love and loss, remembrance and reconciliation, this unfussy film is given heft by Caine's canny performance, while Glenda Jackson is superb in her final role as his frail, flinty wife, Irene. 2023, 12, 96MIN

SCI-FI HORROR

Alien Resurrection

10.15pm, ITV4 ★★★

Sex ●●● Violence ●●● Language ●●●

Aboard a medical research spaceship, Ellen Ripley (Sigourney Weaver) is cloned back to life from blood samples. And of course, a malevolent slimy monster soon follows in this muddled fourth film. Director Jean-Pierre Jeunet ensures it is striking looking and ghoulishly good fun, though, with a great twist involving Winona Ryder and plenty of scary thrills – the sequence featuring underwater aliens is a killer. 1997, 15, 108MIN

ACTION

Bumblebee

6.45pm, Film4 ★★★★

Sex ●●● Violence ●●● Language ●●●

This spin-off prequel from the *Transformers* series features a cute robot hero with more than a passing resemblance to Disney's Herbie. Set in 1987, the story stars Hailee Steinfeld as teen misfit Charlie, who finds a battered yellow VW Beetle that is actually a disguised Autobot scout. There is plenty of banging and crashing in the action that follows, but it is Charlie and Bumblebee's relationship that gives the film its heart. 2018, PG, 114MIN

HORROR

Antlers

11.45pm, Film4 ★★★

Sex ●●● Violence ●●● Language ●●●

In a crumbling Oregon town ravaged by the opioid epidemic, sheriff Jesse Plemons and his sister Keri Russell cross paths with a boy (Jeremy T Thomas) whose home is dominated by a demonic presence. Scott Haze goes the extra mile as the lad's cadaverous meth-making dad in this unnerving horror fable, but it never quite gels its scares with the snapshot of a poverty-riddled US. 2021, 15, 99MIN

■ Full listings start on p55

Tuesday 18 March

COMEDY DRAMA

Can You Ever Forgive Me?

2.15am, C4 ★★★★

Sex ●●● Violence ●●● Language ●●●

Boozy and bad-tempered, cranky author Lee Israel's life and career is in a major slump when she turns her fortunes around by taking to literary forgery – knocking off fake letters by the likes of Dorothy Parker and Noël Coward and selling them to eager collectors with help from her gay English drinking buddy Jack Hock. Melissa McCarthy and Oscar-nominated Richard E Grant make a terrific double act in this hilarious – and unexpectedly poignant – fact-based drama set in 1990s New York. 2018, 15, 106MIN

Sip up: Melissa and Richard

THRILLER

High Heat

6.15am & 12.20am, Sky Action ★★★

Sex ●●● Violence ●●● Language ●●●

Olga Kurylenko and Don Johnson play a married couple protecting their restaurant from the Mob (led by Dallas Page) over the course of one night. Chef Kurylenko is ex-KGB and dispenses bad guys for fun, while Johnson tries to be the negotiator. The commendable stars elevate a routine script and the action set-pieces have thier moments with enough zing to make them swing. 2022, 15, 84MIN

FANTASY

Hear My Song

11.15pm, Film4 ★★★★

Sex ●●● Violence ●●● Language ●●●

In 1958, famous tenor Josef Locke (Ned Beatty) runs off to Ireland because of problems with the British tax man. Then 25 years later, Liverpool club owner Mickey (Adrian Dunbar) tracks him down, but can he persuade him back to England where David McCallum's detective is waiting? An enjoyable (very loosely based on fact) slice of whimsy with some great songs, sparkling comedy and a hilarious ending that brings the house down. 1991, 15, 105MIN

MYSTERY

Johnny Handsome

9pm, Legend Xtra ★★★

Sex ●●● Violence ●●● Language ●●●

A well-dressed B-movie, this tale of a disfigured crook who gets out of jail with a new face and is hell bent on revenge is given plenty of class by director Walter Hill and star Mickey Rourke. Ellen Barkin and Lance Henriksen are the thieves who make off with the loot, Forest Whitaker is the cosmetic surgeon and Elizabeth McGovern puts punch into her role of the woman who almost keeps Johnny away from the vengeance trail. 1989, 15, 94MIN

CLASSIC HORROR

The Exorcist

12.45am, Sky Classics ★★★★★

Sex ●●● Violence ●●● Language ●●●

William Friedkin's controversial chiller is the blueprint for countless horror movies. Ellen Burstyn is excellent as a mum whose daughter (Linda Blair) is possessed by a demon, while Jason Miller and Max von Sydow are the priests trying to help. Blair is unforgettable, though the special effects are more laughable than scary these days. 1973, 18, 121MIN

■ Full listings start on p65

Wednesday

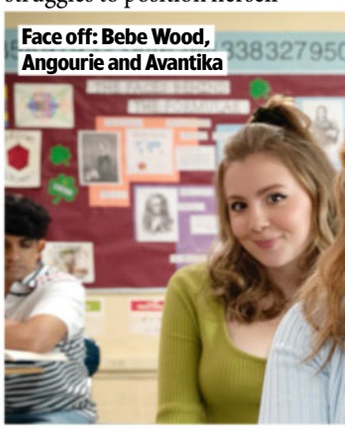
COMEDY MUSICAL

Mean Girls

4.10pm, Sky Cinema Comedy ★★★

Sex ●●● Violence ●●● Language ●●●

Returning to her canny 2004 film (via Broadway), writer Tina Fey offers tweaks more than a bold rethink. Angourie Rice's brainy Cady arrives at North Shore High and struggles to position herself



Face off: Bebe Wood, Angourie and Avantika

HORROR

Kindred

6.35am, Sky Thriller ★★★

Sex ●●● Violence ●●● Language ●●●

Tamara Lawrence's young mum-to-be is suffocated by her late boyfriend's mother (Fiona Shaw) in a *Rosemary's Baby*-style portrait of prenatal paranoia in which Hitchcockian crows serve as cawing harbingers of doom. Jack Lowden co-stars as Shaw's creepily solicitous stepson in a film whose initial promise is let down by predictable developments. The dilapidated country house setting, however, is effective. 2021, 15, 101MIN

FAMILY

Blueback

7.45am & 12.15am, Sky Family ★★★

Sex ●●● Violence ●●● Language ●●●

After her mum has a stroke, marine biologist Abby (Mia Wasikowska) returns to the cove where she grew up and recalls her unusual childhood. Radha Mitchell plays her eco-warrior mother, while Ilsa Fogg is the film's emotional anchor as the teen Abby. The underwater photography is striking, as is the animatronic puppet that brings the title fish, the long-lived blue groper, to life in this Australian eco-drama. 2022, PG, 103MIN

19 March

between outsiders Janis (Auli'i Cravalho) and Damian (Jaquel Spivey) and the Plastics, led by 'queen bee' Regina (Reneé Rapp). The cookie-cutter songs make for a saggy second half, but Rice's guileless lead contrasts nicely with Rapp's resting OMG face and the adults (including Jon Hamm and Fey herself) have a lot of fun. 2023, 12, 112MIN

WAR DRAMA

Dunkirk

6.10pm, Sky Hits ★★★★★

Sex ●●● Violence ●●● Language ●●●

Defying convention and Hollywood heroics, Christopher Nolan's immersive epic about the Dunkirk evacuation plunges us straight into the action as thousands of trapped Allied troops await rescue from the war-torn beaches of 1940 France. The film interweaves plot lines involving Mark Rylance, Fionn Whitehead, Kenneth Branagh et al, brilliantly conveying the panic, terror, endurance and resolve of those involved. 2017, 12, 106MIN

THRILLER

Gloria

1.05am, Talking Pictures ★★★★★

Sex ●●● Violence ●●● Language ●●●

Gena Rowlands is astounding as Gloria in her husband John Cassavetes' thriller. She plays a feisty, tough-talking ex-dancer, who goes on the run with a boy (John Adames), after his parents have been executed by the Mob. Cassavetes films with great urgency and immediacy, but it's Rowlands who gives it real life, warmth and passion. 1980, 15, 121MIN

■ Full listings start on p75

Thursday 20 March

MYSTERY CHILLER

Raging Grace

11.20pm, Film4 ★★★

Sex ●●● Violence ●●● Language ●●●

A Filipina cleaner (Max Eigenmann) works for the rich, while trying to keep mischievous daughter Grace (Jaeden Paige Boadilla) under control. So when she's offered a live-in job to care for an elderly aristocrat (David Hayman) by his haughty niece (Leanne Best), she jumps at the chance. But it's not as it seems… This mystery is uneven, but the acting is excellent and there's a firm grip on tension and the life of undocumented immigrants. The icing on the cake is the finale's tremendous musical number. 2023, 15, 99MIN

Home help: Max

ROMCOM

How to Lose a Guy in 10 Days

12.50pm, Sky Cinema Comedy ★★★

Sex ●●● Violence ●●● Language ●●●

Cocky ad man Matthew McConaughey makes a bet that he can make a woman fall in love with him in 10 days, but his target (Kate Hudson) is a journalist researching an article on how she can get a guy to dump her in 10 days. It's a good idea, but what begins as a sharp little romcom goes all squishy. Nevertheless, it's easy viewing and the stars ensure it runs smoothly. 2003, 12, 116MIN

COMEDY

Vacation

9pm, Comedy Central ★★★

Sex ●●● Violence ●●● Language ●●●

Ed Helms' Rusty Griswold takes his wife Christina Applegate and quarreling sons Skyler Gisondo and Steele Stebbins to Walley World, a trip he went on as a kid in 1983's *National Lampoon's Vacation*. There are some priceless gags en route (just wait for the gross-out bathing scene) and the cast – which also includes Chris Hemsworth, Leslie Mann and cameos from 1983 stars Chevy Chase and Beverly D'Angelo – make the most of them. 2015, 15, 99MIN

CRIME DRAMA

The Onion Field

12.20am, Talking Pictures ★★★

Sex ●●● Violence ●●● Language ●●●

Adapted by ex-cop Joseph Wambaugh from his own novel and based on a true story, this detailed crime story tells the harrowing tale of a cop who witnesses his partner's murder, escapes the killers then has to survive the legal wrangles in an attempt to convict them. John Savage is convincingly vulnerable as the policeman plagued by self-doubt, while James Woods excels as the violent psychopath. 1979, 18, 126MIN

DRAMA

Desperation Road

1.45am, Sky Thriller ★★★★

Sex ●●● Violence ●●● Language ●●●

An ex-convict and a struggling single mother attempt to keep their heads above water in this blood-and-whiskey-soaked southern noir, set in Mississippi. Stars Garrett Hedlund and Willa Fitzgerald simmer with intensity and there's an oppressive sense of dread. But a grizzled Mel Gibson (as Hedlund's estranged dad) brings unexpected warmth amid all the trauma and bloodshed. 2023, 18, 112MIN

■ Full listings start on p85

Friday 21 March

DRAMA

Aftersun

9pm, BBC3 ★★★★★

Sex ●●● Violence ●●● Language ●●●

This beguiling drama transports you to a vividly evoked resort in 1990s Turkey with an 11-year-old (Frankie Corio) and her dad (Paul Mescal). Mescal is low-key superb, pulling off quiet, subtle moments that suggest a torment beneath the surface. Meanwhile, Corio is wonderful as our window into this world, giving a child's-eye-view of a life just outside her comprehension. What's unsaid hangs heavily in the air and, as the film's emotional sucker punch manifests, it is an experience you won't forget in a hurry. 2022, 12, 102MIN

Feeling the heat: Frankie and Paul

COMEDY

Bridesmaids

9pm, ITV2 ★★★★

Sex ●●● Violence ●●● Language ●●●

Hysterically funny and heartfelt, this is a great comedy. Co-writer Kristen Wiig also stars as singleton Annie, who goes into a neurotic tailspin when she agrees to be maid of honour at the wedding of best friend Maya Rudolph and tries to outdo rich bridesmaid Rose Byrne. Chris O'Dowd and Matt Lucas are great in support and Melissa McCarthy hits the bull's-eye as a fellow bridesmaid. 2011, 15, 125MIN

WAR CLASSIC

Apocalypse Now

9pm, Film4 ★★★★★

Sex ●●● Violence ●●● Language ●●●

Battle-weary US army captain Martin Sheen tracks down renegade colonel Marlon Brando in Francis Coppola's magnificently restored *Final Cut* version of his Vietnam War epic. Brando gives one of his most memorable turns and Robert Duvall ('I love the smell of napalm in the morning!') also makes a charismatic impact in the movie that remains the best ever depiction of the horror and madness of war. 1979, 15, 180MIN

COMEDY DRAMA

Sweet Sue

11.15pm, BBC2 ★★★

Sex ●●● Violence ●●● Language ●●●

PREMIERE A superb Maggie O'Neill stars in this painful cringe comedy drama from Leo Leigh (son of Mike). Back on the dating game, baby boomer O'Neill starts seeing stoic, mudlarking biker Tony Pitts, when his narcissistic wannabe influencer son Harry Trevaldwyn barges into their life. There are too many caricatures squeezed in for little purpose, but O'Neill carries the movie admirably as a woman who just wants a bit of happiness. 2023, 15, 99MIN

COMEDY

Beetlejuice

11.40pm, BBC1 (12.40am Scotland) ★★★★

Sex ●●● Violence ●●● Language ●●●

Tim Burton's inventive treat gives Michael Keaton a fantastic part as the raucous 'bio-exorciser' Betelgeuse. Alec Baldwin and Geena Davis are a couple of newly-deads who summon him to exorcise the crass New York family (Jeffrey Jones, Catherine O'Hara and Winona Ryder) who have taken over their old New England home. 1988, 15, 92MIN

■ Full listings start on p95

New Formula One season

Sky Sports expert **Anthony Davidson** gives us the low-down...

Four-time champion Max Verstappen

LIVE MOTORSPORT

F1: Australian Grand Prix

Saturday, race starts 4am, Sky Sports F1 & Sky Sports Main Event

Seven-time champion Sir Lewis Hamilton makes his much-anticipated switch to Ferrari after 12 years at Mercedes and Red Bull's Max Verstappen goes for a fifth world title in a row as Formula One roars back with the opening Grand Prix of the season in Melbourne, which starts early Sunday UK time.

Once again, Sky Sports will be covering all the live action with an expert team that includes former F1 driver Anthony Davidson. We caught up with the former world endurance champion to hear more…

What can we expect from Lewis Hamilton at Ferrari? I'm excited to see what he can do there. The car will be fairly competitive and I will be amazed if he doesn't win a few races. Even towards the tail end of last year, he was still performing at his very best in races. Qualifying will be a challenge, but he might be rejuvenated by making this switch.

There are lots of driver changes. Who are you excited about? Liam Lawson, who joins Max Verstappen at Red Bull. He has just 11 races under his belt, so that will be a learning curve for him. He has got to keep his head because so many drivers get crushed by Verstappen. Italy's Kimi Antonelli is set to become third-youngest-ever F1 driver at 18 years old. There's a lot of hype around him, but I think he's ready for the challenge of joining George Russell at Mercedes.

Red Bull's Liam Lawson

Which is your favourite place to visit each season? I spent a lot of time driving for Honda and Toyota, so I love going to Japan. I am fascinated by the culture. Budapest and Montreal are right up there, too – both great cities and great races.

What are the pressures of live broadcasting? I began out on radio so I found it quite intimidating when I first joined Sky to have several TV cameras stuck in your face. But it has got easier. Nerves are good – it shows you want to get the best out of yourself.

How do you relax away from broadcasting? The season can be like going in for a marathon so I focused on recharging my batteries over the winter to make sure I'm in tip-top shape. I live in the country, not far from Silverstone, so I like to mountain-bike and spend time with my two children. School life is super-important, so when I'm at home I try to be around 24/7 for them.

WORDS: RICHARD MCCLURE. PHOTOS: ALAMY, GETTY, SHUTTERSTOCK

Your ultimate guide to the best of the week's live action

THE MAIN EVENT

Sir Lewis Hamilton joins Ferrari for this year

FIVE FAST FACTS

1. This year's F1 season features 24 races across 21 countries, the same as 2024, with Melbourne hosting the opener for the first time since 2019.
2. Barcelona stages its final Spanish Grand Prix on Sunday 1 June before the race moves to Madrid from next year.
3. Only two teams, McLaren and Aston Martin, have stuck with their 2024 driver pairings, while six rookies make full-time debuts for their teams, including British teenager Oliver Bearman at Haas.
4. There are six sprint races in the calendar – China, Miami, Belgium, Austin, São Paulo and Qatar.
5. After six years, the bonus point for the fastest lap in a race has been scrapped.

Hamilton during testing

LIVE FOOTBALL

England v Albania

Friday, kick-off 7.45pm, ITV1

English football enters a new era at Wembley on Friday as former Chelsea and Bayern Munich boss Thomas Tuchel begins his tenure as Three Lions coach. His first match in charge is an opening Group K World Cup qualifier as the 51-year-old German – who has been handed an 18-month contract – bids to lead England into next year's finals in Canada, Mexico and the United States. England also met Albania in the qualifiers for the 2022 World Cup when Harry Kane scored four goals in two comfortable England victories.

New boss Thomas Tuchel

England captain Harry Kane

Liverpool's Cody Gakpo

LIVE FOOTBALL

EFL Cup final

Sun, kick-off 4.30pm, ITV1, Sky Showcase, Sky Sports Football & Sky Sports Main Event

Holders Liverpool will kick off as favourites against Newcastle United as the Toon Army descends on Wembley in the hope of seeing their beloved club end an agonising 56-year wait for a major trophy. Magpies coach Eddie Howe will be glad to have leading goalscorer Alexander Isak back from injury, while Arne Slot has the competition's top scorer, Cody Gakpo, available as the Dutch coach seeks his first silverware in English football.

Ireland prop Cian Healy

LIVE RUGBY UNION

Six Nations finale

Saturday, BBC1, ITV1 & S4C

There'll be highs and lows as Saturday's triple header brings down the curtain on this year's championship, with Ireland's former captain Peter O'Mahony, Conor Murray and most-capped player Cian Healy turning out in their last Six Nations matches before retiring from Test rugby. Garry Ringrose should be back from suspension on Saturday as Simon Easterby's side travel to Rome (k-o 2.15pm, ITV1), followed by Wales versus England (k-o 4.45pm, BBC1 & S4C) and France against Scotland (k-o 8pm, ITV1).

Noah Lyles of the United States

LIVE ATHLETICS

World Indoor Championships

Friday, 10.30am, BBC2

The three-day event begins on Friday at a state-of-the art venue in Nanjing, China, where more than 500 athletes from around 120 nations will compete for medals across 26 events. Friday's finals include the men's 60m which could see the USA's Christian Coleman defend his title in a sprint showdown with fellow American Noah Lyles, the Olympic 100m gold medallist.

Sport A-Z and football planner »»

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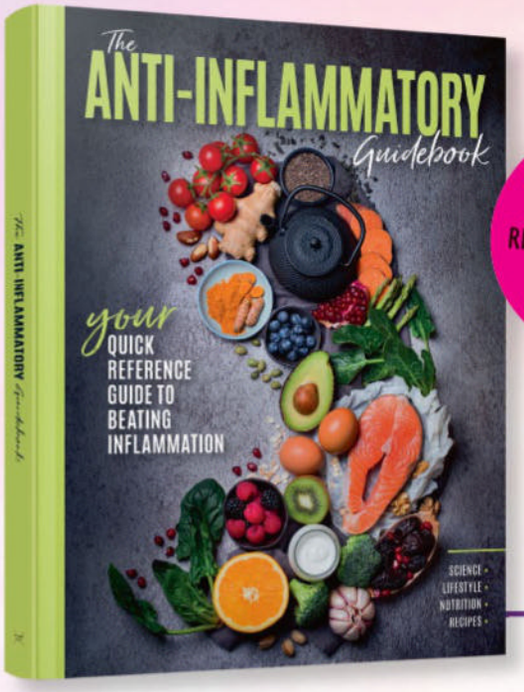

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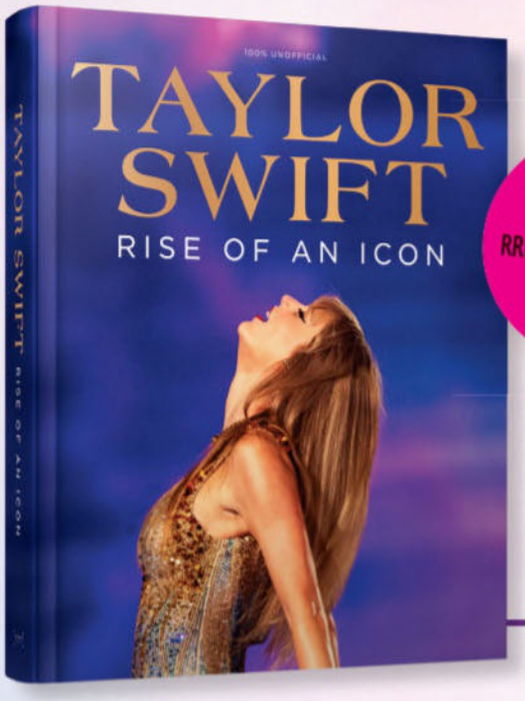

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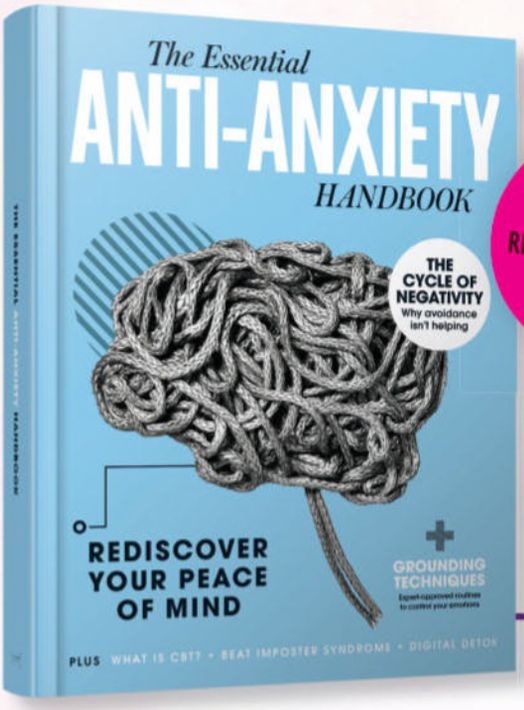

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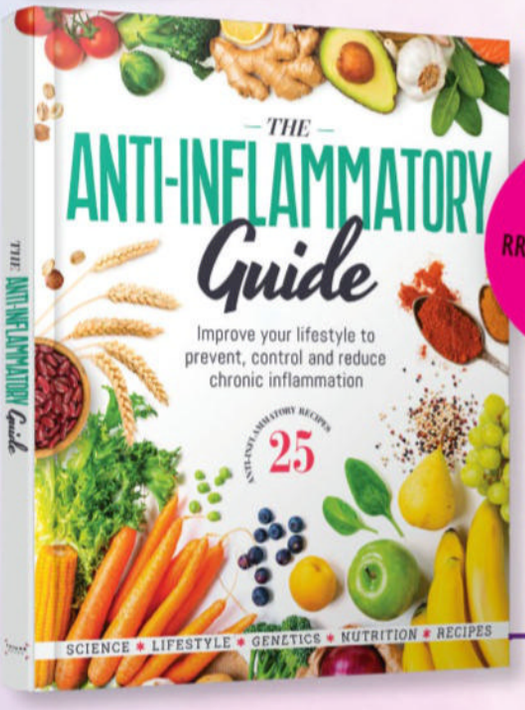

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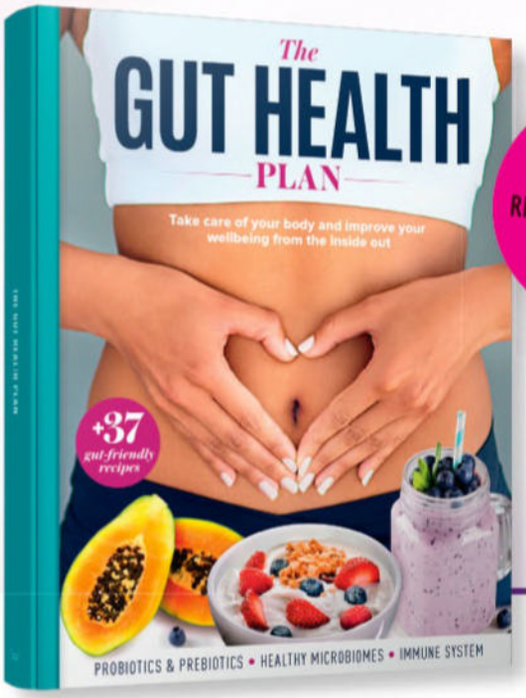

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FUTURE BOOKS

Sport week A-Z GUIDE

ATHLETICS

LIVE World Indoor Championships
Fri 10.30am BBC2
The opening day in China. See p29.

AUSTRALIAN RULES

LIVE Collingwood Magpies v Port Adelaide Power
Sat 8.15am TNT Sports 2

LIVE Adelaide Crows v St Kilda Saints
Sat 1.30am TNT Sports 3

LIVE Melbourne Demons v GWS Giants
Sat 4.15am TNT Sports 3

LIVE West Coast Eagles v Gold Coast Suns
Sun 7am TNT Sports 2

LIVE Carlton Blues v Hawthorn Hawks
Thu 8.15am TNT Sports 1

LIVE Western Bulldogs v Collingwood Magpies
Fri 8.30am TNT Sports 3

LIVE Essendon Bombers v Adelaide Crows
Fri 2am TNT Sports 2

LIVE Port Adelaide Power v Richmond Tigers
Fri 5am TNT Sports 1

BASEBALL

LIVE Chicago Cubs v Los Angeles Dodgers
Tue 10am TNT Sports 1; Wed 10am TNT Sports 3

BASKETBALL

LIVE Brooklyn Nets v Boston Celtics
Sat 10pm TNT Sports 3

LIVE Los Angeles Lakers v Phoenix Suns
Sun 7.30pm TNT Sports 3

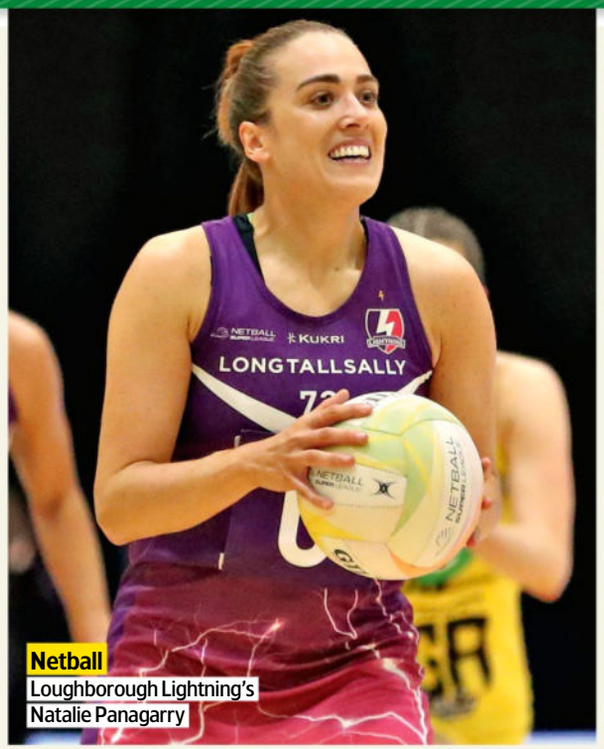
LIVE Milwaukee Bucks v Oklahoma City Thunder
Sun 1am TNT Sports 1

LIVE New York Knicks v Miami Heat
Mon 11.30pm TNT Sports 1

LIVE Golden State Warriors v Denver Nuggets
Mon 2am TNT Sports 1

LIVE NCAA
Tue & Wed 10.30pm & 1am, Thu & Fri 4pm Sky Sports+; Tue 1am Sky Sports Main Event

LIVE Los Angeles Clippers v Cleveland Cavaliers
Tue 2.30am TNT Sports 1



Netball
Loughborough Lightning's Natalie Panagarry

LIVE Los Angeles Lakers v Denver Nuggets
Wed 2am TNT Sports 1

LIVE Los Angeles Lakers v Milwaukee Bucks
Thu 2.30am TNT Sports 3

LIVE Miami Heat v Houston Rockets
Fri 12m't TNT Sports 1

LIVE Los Angeles Clippers v Memphis Grizzlies
Fri 2.30am TNT Sports 1

BOXING

LIVE Nick Ball v TJ Doheny
Sat 6.30pm TNT Sports 1

COMBAT SPORTS

LIVE UFC Fight Night Prelims
Sat 9pm TNT Sports 2

LIVE Marvin Vettori v Roman Dolidze
Sat 11pm TNT Sports 2

CRICKET

LIVE WPL
Sat 1.50pm Sky Sports Cricket & Sky Sports Mix
The final at Brabourne Stadium.

LIVE New Zealand v Sri Lanka
Sat 12m't TNT Sports 1; Mon 9pm TNT Sports 2
The second and third Women's T20 matches.

LIVE New Zealand v Pakistan
Sat 1am TNT Sports 1
Coverage of the first T20 staged at Hagley Oval.

LIVE New Zealand v Pakistan
Mon 1am TNT Sports 2
The second T20.

LIVE New Zealand v Australia
Thu 1.30am TNT Sports 1
First Women's T20.

LIVE New Zealand v Pakistan
Fri 6am TNT Sports 1
The third T20 from Eden Park, Auckland.

CURLING

LIVE Scotland v Canada
Sat 11.15am TNT Sports 4

LIVE Italy v Switzerland
Tue 10am TNT Sports 2

LIVE Japan v Scotland
Wed 10am TNT Sports 1

CYCLING

LIVE Paris-Nice
Sat 12.30pm & Sun 3pm TNT Sports 3

LIVE Tirreno Adriatico
Sat 1.15pm TNT Sports 1; Sun 12noon TNT Sports 3

LIVE Nokere Koerse
Wed 11.15am & 2pm TNT Sports 2, 3.30pm TNT Sports 1

LIVE Milan Turin
Wed 1.15pm TNT Sports 1

LIVE Bredene Koksijde Classic
Fri 1.45pm TNT Sports 1

DARTS

LIVE Premier League
Thu 7pm Sky Sports Main Event & Sky Sports Action

GOLF

LIVE Players Championship
Sat & Sun 1pm Sky Sports Golf; Sat 2.30pm & 8pm, Sun 9pm Sky Sports Main Event; Sat 3pm Sky Sports+
Days three and four from Florida.

LIVE Australian Women's Classic
Sat 12m't Sky Sports Golf
Day four from New South Wales.

LIVE LIV Golf
Sat 1am ITV4
Coverage of round two in Singapore.

LIVE New York v Los Angeles
Mon 11pm Sky Sports Main Event & Sky Sports Golf

LIVE Atlanta Drive v The Bay
Tue 11pm Sky Sports Main Event & Sky Sports Golf

LIVE Singapore Classic
Wed 5am Sky Sports Main Event; Wed & Thu 5am, Fri 4am Sky Sports Golf
Days one to three from Singapore.

LIVE Valspar Championship
Thu & Fri 11.30am Sky Sports Main Event & Sky Sports Golf
Coverage of days one and two at Innisbrook Resort in Palm Harbour.

LIVE Ford Women's NSW Open
Fri 12m't Sky Sports Golf & Sky Sports Mix
Day three at Wollongong Golf Club.

HORSE RACING

LIVE Uttoxeter
Sat 1.30pm ITV4

ICE HOCKEY

LIVE San Jose Sharks v Washington Capitals
Sat 9pm Premier Sports 2

LIVE Minnesota Wild v St Louis Blues
Sat 12m't Premier Sports 1

LIVE New York Rangers v Edmonton Oilers
Sun 11pm Premier Sports 2

LIVE Seattle Kraken v Winnipeg Jets
Sun 1am Premier Sports 1

LIVE Columbus Blue Jackets v New Jersey Devils
Mon 11pm Premier Sports 1

LIVE Toronto Maple Leafs v Calgary Flames
Mon 11.30pm Premier Sports 2

LIVE New York Rangers v Calgary Flames
Tue 11pm Premier Sports 2

LIVE Vancouver Canucks v Winnipeg Jets
Tue 2am Premier Sports 1

LIVE Toronto Maple Leafs v Colorado Avalanche
Wed 11pm Premier Sports 2

LIVE Minnesota Wild v Seattle Kraken
Wed 1.30am Premier Sports 1

LIVE Columbus Blue Jackets v Florida Panthers
Thu 11pm Premier Sports 2

LIVE Vegas Golden Knights v Boston Bruins
Thu 2am Premier Sports 1

LIVE Pittsburgh Penguins v Columbus Blue Jackets
Fri 11pm Premier Sports 2

MOTORCYCLING

LIVE MotoGP
Sat 11.30am TNT Sports 2
Coverage from the Grand Prix of Argentina practices and qualifying.

LIVE The Grand Prix of Argentina MotoGP sprint race
Sat 5.45pm TNT Sports 2

LIVE The Grand Prix of Argentina Moto3 race
Sun 2pm TNT Sports 2

LIVE The Grand Prix of Argentina Moto2 race
Sun 4pm TNT Sports 2

LIVE The Grand Prix of Argentina MotoGP race
Sun 5.15pm TNT Sports 2
From Termas de Rio Hondo.

MOTORSPORT

LIVE Formula 3
Sat 9.55pm Sky Sports F1
Australian Grand Prix feature race.

LIVE Formula 2
Sat 12.25am Sky Sports Main Event & Sky Sports F1
Australian Grand Prix feature race.

LIVE Formula 1
Sat 2.30am Sky Sports Main Event & Sky Sports F1
The Australian Grand Prix from Albert Park Circuit. See p28.

LIVE Motocross World Championship
Sun 11am TNT Sports 2

LIVE NASCAR
Sun 7pm Premier Sports 1

LIVE World Rally Championship
Thu 10am, 1.30pm, 4.15am & 5.45am, Fri 7am, 10.30am, 12noon & 1.15pm TNT Sports 2; Fri 5.30am TNT Sports 4
Coverage of the Safari Kenya.

LIVE F1 Academy
Thu 1am & Fri 6am Sky Sports F1; Fri 6am Sky Sports Main Event

LIVE Formula 1
Thu 3am, Fri 7am & 2am Sky Sports Main Event & Sky Sports F1
From the Chinese Grand Prix.

LIVE Indycar
Fri 10.30pm Sky Sports F1

NETBALL

LIVE Manchester Thunder v Loughborough Lightning
Sun 6.25pm Sky Sports Mix

LIVE Birmingham Panthers v Manchester Thunder
Fri 7.25pm Sky Sports Mix

POOL

LIVE European Open
Sat & Sun 12noon & 6.30pm Sky Sports Action; Sat 6.30pm & Sun 12noon Sky Sports Mix

LIVE Ultimate Pool
Mon 6pm TNT Sports 1

POWERLIFTING

LIVE European Classic Championship
Tue 1pm, Wed 5pm & Thu 3pm TNT Sports 4

RUGBY LEAGUE

LIVE Canberra Raiders v Brisbane Broncos
Sat 8.30am Sky Sports Action

LIVE Canterbury-Bankstown Bulldogs v Gold Coast Titans
Sun 7.15am Sky Sports Action

LIVE Melbourne Storm v Penrith Panthers
Thu 9am Sky Sports Action

LIVE Brisbane Broncos v North Queensland Cowboys
Fri 9am Sky Sports Action

LIVE St Helens v Warrington Wolves
Fri 7.30pm Sky Sports Main Event & Sky Sports Action (kick-off 8pm)
The Super League game at Totally Wicked Stadium.

RUGBY UNION

LIVE Chiefs v Blues
Sat 6am Sky Sports Mix

LIVE Queensland Reds v NSW Waratahs
Sat 8.30am Sky Sports Mix

LIVE Italy v Ireland
Sat 1.30pm ITV1 (kick-off 2.15pm)
Coverage of the Six Nations match from Stadio Olimpico in Rome.

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Football planner

LIVE Wales v England
Sat 4pm BBC1 & S4C (kick-off 4.45pm) Six Nations game from Principality Stadium. See p29.

LIVE France v Scotland
Sat 7.15pm ITV1 (kick-off 8pm) Six Nations game at Stade de France.

LIVE Gloucester-Hartpury v Saracens
Sun 2pm TNT Sports 1 (kick-off 3pm) Premiership Women's Rugby final.

LIVE Moana Pasifika v Chiefs
Fri 6am Sky Sports Action

LIVE Northampton Saints v Leicester Tigers
Fri 7pm TNT Sports 1 (kick-off 7.45pm) The Premiership match.

LIVE Glasgow Warriors v Munster
Fri 7pm Premier Sports 1 (kick-off 7.35pm)

LIVE Cardiff v Lions
Fri 7pm Premier Sports 2 & 7.15pm BBC2 (Wales only) (kick-off 7.35pm)

LIVE Highlanders v Reds
Fri 3.30am Sky Sports Action

SAILING

LIVE SailGP
Sat 9pm TNT Sports 4; Sun 9pm TNT Sports 2

SKIING

LIVE Nordic Combined Skiing
Sat 8am, 8.45am & 3pm, Sun 8am, 8.45am & 2.15pm, Fri 9am TNT Sports 4; Fri 11.45am TNT Sports 1 & TNT Sports 3

LIVE Alpine Skiing
Sat & Sun 8.15am & 11.15am, TNT Sports 1; Sat 9.45am TNT Sports 3; Fri 4.45pm TNT Sports 4

LIVE Ski Jumping
Sat 9.45am & Sun 3.30pm TNT Sports 4; Sat 4pm, Sun 9.45am & Fri 1.45pm TNT Sports 3; Sun 10am & Thu 4pm TNT Sports 1

LIVE Cross Country Skiing
Sat 1pm, Sun 10.15am & 12.30pm TNT Sports 4; Wed 5pm & Fri 4.30pm TNT Sports 3; Fri 4.45pm TNT Sports 1

LIVE Ski Mountaineering
Sat 5.45pm TNT Sports 4

LIVE Freestyle Skiing
Wed 10.30am & Fri 10.45am & 1.30pm TNT Sports 4

SNOOKER

LIVE Players Championship
Mon 6.45pm, Tue-Fri 12.45pm & 6.45pm ITV4

TENNIS

LIVE Indian Wells Open
Sat 6pm & Sun 5.30pm Sky Sports Tennis; Sun 10pm Sky Sports Main Event

LIVE Miami Open
Tue & Wed 3pm, Thu 3pm & 11pm, Fri 10.15pm Sky Sports Main Event; Tue & Wed 3pm Sky Sports+; Tue-Fri 3pm Sky Sports Tennis

WINTER SPORTS

LIVE Biathlon
Sat 2.45pm TNT Sports 3; Sun 12.30pm, Fri 12.30pm & 3.15pm TNT Sports 1; Sun 2.45pm TNT Sports 4

LIVE WOMEN'S LEAGUE CUP

Chelsea v Manchester City

Sat, kick-off 12.15pm, BBC1

Chelsea new signing Naomi Girma will be looking to justify her world-record £900,000 price tag as the USA defender plays against Manchester City in the Women's League Cup final, held in Derby. City defeated the Blues in 2022 to lift the trophy for a fourth time.

LIVE PREMIER LEAGUE

Arsenal v Chelsea

Sunday, kick-off 1.30pm, Sky Sports Main Event & Sky Sports Premier League

Enzo Maresca's Chelsea are targeting a Champions League place, but the Blues have won just one of the past 10 league meetings with Arsenal, and were handed a 5-0 thrashing at the Emirates last season as Ben White netted a brace.

LIVE WOMEN'S CHAMPIONS LEAGUE

Real Madrid v Arsenal

Tuesday, kick-off 5.45pm, TNT Sports 1 & DAZN

Arsenal's Alessia Russo will want to add to her goal tally as the Gunners travel to Spain for the quarter-final first leg. On Wednesday, Manchester City host Chelsea (8pm, TNT Sports 1 & DAZN), one of four ties between the clubs in 12 days.

Saturday 15

LIVE Sydney FC Women v Wellington Phoenix Women
6am TNT Sports 2 (kick-off 6am) Coverage of the A-League game.

LIVE Millwall v Stoke City
11am Sky Sports Main Event & Sky Sports Football (kick-off 12.30pm) Coverage of the Championship match staged at The Den.

LIVE Chelsea v Manchester City
11.45am BBC1 (kick-off 12.15pm) The Women's League Cup final from Pride Park in Derby.

LIVE Queens Park Rangers v Leeds United
12.25pm Sky Sports+ (kick-off 12.30pm) The Championship match at MATRADE Loftus Road Stadium.

LIVE Real Valladolid v Celta Vigo
12.55pm Premier Sports 1 (kick-off 1pm) Coverage of the LaLiga fixture.

LIVE Bournemouth v Brentford
5pm Sky Sports Main Event & Sky Sports Premier League (kick-off 5.30pm) The Premier League encounter staged at Vitality Stadium.

LIVE RB Leipzig v Borussia Dortmund
5.20pm Sky Sports Football (kick-off 5.30pm) Coverage of the Bundesliga game.

LIVE Villarreal v Real Madrid
5.25pm Premier Sports 1 (kick-off 5.30pm) Coverage of the LaLiga match from Estadio de la Ceramica.

LIVE Girona v Valencia
7.55pm Premier Sports 1 (kick-off 8pm) The LaLiga game.

LIVE Auckland FC v Central Coast Mariners
4am TNT Sports 2 (kick-off 4am) The A-League match.

LIVE Melbourne City Women v Adelaide United Women
5am TNT Sports 4 (kick-off 5am) Coverage of the A-League fixture.

Sunday 16

LIVE Newcastle Jets v Western United
6am TNT Sports 1 (kick-off 6am) Coverage of the A-League game.

LIVE Brisbane Roar Women v Newcastle Jets Women
7.30am TNT Sports 3 (kick-off 7.30am) Action from the A-League Women.

LIVE Celtic v Rangers
11.30am Sky Sports Main Event & Sky Sports Football (kick-off 12.30pm) The final Old Firm Derby of the Scottish Premiership season, staged at Celtic Park.

LIVE Sheffield Wednesday v Sheffield United
12.20pm Sky Sports+ (kick-off 12.30pm) The Championship match between the local rivals at Hillsborough.

LIVE Leganes v Real Betis
12.55pm Premier Sports 2 (kick-off 1pm) Coverage of the LaLiga match.

LIVE Arsenal v Chelsea
1pm Sky Sports Premier League & 1.30pm Sky Sports Main Event (kick-off 1.30pm) The Premier League match between the London rivals, staged at Emirates Stadium.

LIVE Glasgow City v Hibernian
2pm BBC Alba (kick-off 2.10pm) The SWPL game at Petershill Park.

LIVE VfL Wolfsburg v Eintracht Frankfurt
2.30pm Sky Sports+ (kick-off 2.30pm) The Bundesliga fixture staged at Volkswagen Arena.

LIVE Dundee United v Dundee
2.30pm Premier Sports 1 (kick-off 3pm) Coverage of the Scottish Premiership match from Tannadice.

LIVE Sevilla v Athletic Bilbao
3.10pm Premier Sports 2 (kick-off 3.15pm) Coverage of the LaLiga match from Estadio Ramon Sanchez Pizjuan.

LIVE Liverpool v Newcastle United
3.30pm ITV1, Sky Sports Main Event, Sky Sports Football & Sky Showcase (kick-off 4.30pm) The EFL Cup final at Wembley Stadium. The Reds won this competition last year, with Virgil van Dijk scoring the only goal of the game in extra time to help them overcome Chelsea in the final. In contrast, Newcastle have never previously lifted the trophy. See p29.

LIVE FC Heidenheim 1846 v Holstein Kiel
4.30pm Sky Sports+ (kick-off 4.30pm) Coverage of the Bundesliga match staged at Voith-Arena.

LIVE Fiorentina v Juventus
4.45pm TNT Sports 3 (kick-off 5pm) The Serie A fixture from Stadio Artemio Franchi.

LIVE Rayo Vallecano v Real Sociedad
5.25pm Premier Sports 2 (kick-off 5.30pm) Coverage of the LaLiga game from Campo de Futbol de Vallecas.

LIVE Leicester City v Manchester United
6.30pm Sky Sports Main Event & 7pm Sky Sports Premier League (kick-off 7pm) The Premier League match at King Power Stadium. The sides have met on three occasions already, with United winning all three. The most recent of those matches was the most closely contested, with United prevailing 2-1 courtesy of Harry Maguire's controversial late winner.

LIVE VfB Stuttgart v Bayer Leverkusen
6.30pm Sky Sports+ (kick-off 6.30pm) Coverage of the Bundesliga match staged at MHP Arena.

LIVE Atalanta v Inter Milan
7.30pm TNT Sports 1 (kick-off 7.45pm) Coverage of the Serie A fixture staged at Gewiss Stadium.

LIVE Atlético Madrid v Barcelona
7.30pm ITV4 & 7.55pm Premier Sports 2 (kick-off 8pm) Coverage of the LaLiga match from Riyadh Air Metropolitano.

Monday 17

LIVE LaLiga
7.55pm Premier Sports 1

Tuesday 18

LIVE Real Madrid v Arsenal
5.30pm TNT Sports 1 & DAZN (kick-off 5.45pm) Coverage of the Women's Champions League quarter-final first leg from Estadio Alfredo Di Stefano. The visitors finished top of their group, while the hosts won four of their six group matches to finish second in the pool behind Chelsea.

LIVE Rotherham United v Wycombe Wanderers
7.35pm Sky Sports+ (kick-off 7.45pm) The League One match at AESSEAL New York Stadium.

LIVE Bayern Munich v Lyon
8pm TNT Sports 1 & DAZN (kick-off 8pm) Coverage of the Champions League quarter-final first leg staged at FC Bayern Campus.

Wednesday 19

LIVE VfL Wolfsburg v Barcelona
5.45pm TNT Sports 2 & DAZN (kick-off 5.45pm) The Champions League quarter-final first-leg encounter staged at Volkswagen Arena.

LIVE Manchester City v Chelsea
7.30pm TNT Sports 1 & DAZN (kick-off 8pm) The Champions League quarter-final first-leg clash from Joie Stadium. The hosts finished second in their group behind Barcelona on goal difference after both sides earnt 15 points in their six group matches, whilse Chelsea finished top of their group after winning all six of their matches.

Friday 21

LIVE England v Albania
7pm ITV1 (kick-off 7.45pm) Coverage of both teams' opening 2026 World Cup Group K qualifying match held at Wembley Stadium. This is Thomas Tuchel's first match as head coach of England and he will be expecting to get off to a winning start in a group that also contains Serbia, Latvia and Andorra. England have an astonishing record in recent World Cup qualifying campaigns: they've not lost a game since a clash with Ukraine in 2009. See page 29.

LIVE Northern Ireland v Switzerland
7.30pm BBC2 (N Ireland only) (kick-off 7.45pm) Coverage of the international friendly staged at Windsor Park.

LIVE Partick Thistle v Raith Rovers
7.30pm BBC Scotland (kick-off 7.45pm) The Scottish Championship match from Wyre Stadium at Firhill.

LIVE Wellington Phoenix Women v Central Coast Mariners Women
3am TNT Sports 3 (kick-off 3am) Coverage of the A-League match.

LIVE Canberra United Women v Sydney FC Women
5am TNT Sports 3 (kick-off 5am) Coverage of the A-League match from McKellar Park in Canberra.

PHOTOS: GETTY

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Saturday

15 March

Evening Planner

Rugby Union

Six Nations
BBC1, ITV1 & S4C
Who will end the contest on a high? Italy host Ireland, Wales face off against England and France welcome Scotland.

Documentary

Ancient Greece by Train with Alice Roberts
C4, 8pm
The professor takes to the rails to explore the sites of Ancient Greek civilisation.

Documentary

Lady Gaga: Inside the Chaos
BBC2, 8.30pm
The actor and musician talks to Mark Savage about her new album, *Mayhem*.

Motorsport

F1: Australian Grand Prix
Sky Sports Main Event & Sky Sports F1, race starts 4am
Red Bull's Max Verstappen begins the defence of his world title in Melbourne.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 Gladiators		8.00 Would I Lie to...	8.30 Casualty	9.15 Dope Girls		10.10 News	10.30 Match of the...
	102 BBC2		7.10 Dad's Army	7.40 The Emerald Isles	8.30 Lady Gaga...	9.00 Lady Gaga at the BBC		10.00 Enya at the BBC	
	103 ITV1		7.15 Rugby Union: Six Nations – Live: France v Scotland (Kick-off 8.00)						10.35 News
	104 CHANNEL 4	7.00 National Trust: Our Dream Farm with...		8.00 Ancient Greece by Train with Alice...		9.00 Film: Ticket To Paradise			
	105 5	◂ 6.30 St James's Palace: Inside the Secret...		8.00 Portugal with Michael Portillo		9.00 The Middletons: How Family Shaped Our Future Queen			10.30 1986: Most...
	106 SKY SHOWCASE	7.00 F1: Australian Grand Prix Qualifying Highlights				9.00 Film: Bad Boys II			
ENTERTAINMENT	115 BBC3	7.00 EastEnders		8.00 Film: Lara Croft Tomb Raider: The Cradle of Life			9.45 Two Pints of Lager and a Packet of Crisps		
	116 BBC4		7.15 All Creatures Great and Small			9.00 The One That Got Away			
	118 ITV2	◂ 6.45 Film: Mamma Mia! Here We Go Again				9.00 Film: Bridesmaids			
	136 MORE4	◂ 6.55 Four in a Bed		7.55 999: On the Front Line		9.00 24 Hours in A&E			
	135 E4	◂ 5.25 Film: School of...	7.35 The Simpsons			9.00 Celebrity Gogglebox		10.00 Gogglebox	
	107 SKY WITNESS	7.00 Nothing to Declare				9.00 Elsbeth		10.00 Blue Bloods	
	108 SKY ATLANTIC	◂ 6.30 Gangs of London				9.00 Small Town, Big Story		10.00 The White Lotus	
	110 U&GOLD	◂ 6.40 Only Fools and Horses					9.10 The Fast Show	9.50 Paul Whitehouse's...	10.30 Billy Connolly...
	111 U&DAVE	◂ 6.40 Would I Lie to You?		8.00 Special Ops: Crime Squad UK		9.00 Not Going Out			
	119 ITV3	7.00 Midsomer Murders				9.00 Vera			
	120 ITV4	7.00 Cycling: Paris-Nice Highlights		8.00 The Motorbike Show		9.00 English Football League Highlights			10.30 Film: Bullitt
	112 COMEDY CENTRAL	7.00 Friends		8.00 Michael McIntyre's Big Show		9.00 Film: American Made			
	139 SKY SCI-FI	7.00 Star Trek: Voyager				9.00 Film: Poseidon Rex			
	113 SKY MAX	7.00 NCIS: Los Angeles		8.00 An Idiot Abroad		9.00 Small Town, Big Story		10.05 Rob Beckett's Smart TV	
	109 U&ALIBI	7.00 Father Brown		8.00 Shakespeare & Hathaway: Private Investigators				10.00 Death in Paradise	
	130 SKY ARTS	7.00 Johnny Cash: Cash for Kenya			8.25 Johnny Cash Live at Montreux			9.50 Johnny Cash: The Man in Black in Britain	
	132 U&W	7.00 Outnumbered				9.00 Gavin & Stacey	9.40 Miranda		
DOCUMENTARY	125 DISCOVERY	7.00 Gold Divers		8.00 Harpoon Hunters		9.00 Caught!		10.00 Expedition Files	
	162 ANIMAL PLANET	7.00 How Do Animals Do That?		8.00 Monster Croc Invasion		9.00 Saba and the Rhino's Secret		10.00 Edge of Alaska	
	129 NAT GEO	7.00 Air Crash Investigation						10.00 Britain's Underworld	
	123 SKY HISTORY	7.00 Egypt's Unexplained Files				9.00 The UnBelievable with Dan Aykroyd			
	155 U&YESTERDAY	7.00 Bangers & Cash						10.00 'Allo 'Allo!	
	121 SKY DOCS	7.00 Natalie Wood: What Remains Behind				9.00 Film: Going Clear: Scientology and the Prison of Belief			
FILMS – Sky Cinema	301 PREMIERE	◂ 6.15 Fight or Flight		8.00 Horizon: An American Saga – Chapter 1					
	302 ORIGINALS	◂ 6.05 Final Score		8.00 Fight or Flight				10.00 Retribution	
	303 HITS	◂ 5.50 Ghostbusters: Frozen Empire		8.00 Godzilla x Kong: The New Empire				10.00 The Legend of Tarzan	
	304 CLASSICS	◂ 6.00 Back to the Future		8.00 Back to the Future Part II				10.00 Back to the Future Part III	
	305 ANIMATION	◂ 5.50 Trolls	7.40 The Prince of Egypt				9.35 Curious George		
	306 FAMILY	◂ 6.25 Matilda		8.15 The Witches				9.55 The Addams Family	
	307 ACTION	◂ 5.45 Bad Boys for Life		8.00 Bad Boys: Ride or Die				10.00 Terminator Salvation	
	308 COMEDY	◂ 6.20 Bad Neighbours 2		8.00 Miss Congeniality				9.55 Miss Congeniality 2: Armed and Fabulous	
	309 THRILLER	◂ 5.25 Inception		8.00 Miami Vice					10.25 Oldboy
	310 DRAMA	◂ 6.00 Save the Cinema		8.00 Dunkirk				9.50 The Color Purple	
	311 SCI-FI	◂ 6.25 Paranormal Activity: The Ghost...		8.00 World War Z					10.10 Edge of Tomorrow
	313 FILM4	◂ 6.40 Indiana Jones and the Kingdom of the Crystal Skull				9.00 Predator			
SPORT	401 MAIN EVENT	◂ 5.00 SNF – Live: Bournemouth v Brentford		8.00 The Players Championship – Live: Coverage of day three					
	402 PREMIER LEAGUE	◂ 5.00 SNF – Live: Bournemouth v Brentford		8.00 PL Stories	8.30 Game of the Day				10.30 PL Highlights
	403 FOOTBALL	◂ 5.20 Bundesliga...	7.30 Bundesliga				9.30 EFL Highlights		
	404 CRICKET	7.00 ICC Champions Trophy Cricket		8.00 WPL		9.00 IPL		10.00 WPL	
	410 TNT SPORTS 1	◂ 6.30 Fight Night Live – Live: Nick Ball v TJ Doheny							
	411 TNT SPORTS 2	◂ 6.45 Men's Cycling World Tour				9.00 UFC – Live: Coverage of the preliminary bouts from UFC Fight Night			

◂ Denotes programmes starting before 7.00pm † Regions vary

SATURDAY

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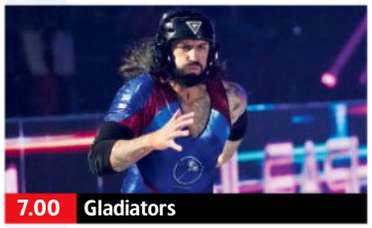
Saturday

BBC1

101 | 101 | 1 | 101 | 101

6.00 AM **Breakfast** (S)
9.30 **Saturday Kitchen** New edition With actor Ben Miller. (S)
11.00 **Football Focus** A look ahead to the weekend's matches. (S)
11.30 **BBC News** (S)
11.45 LIVE **Football: Women's League Cup Final** Chelsea v Manchester City: All the action from the showpiece match at Pride Park in Derby. Kick-off is at 12.15. (S)
2.55 PM **Escape to the Country** A couple from West Sussex look for a property in Yorkshire. (S)(R)
3.40 **BBC News** (S)
3.50 **Local News** (S)
4.00 LIVE **Rugby Union: Six Nations** Wales v England: Coverage of the second match in the final round of fixtures, held at the Principality Stadium. Kick-off is at 4.45. (S)


7.00 Gladiators

6 PM LIVE **Rugby Union: Six Nations** (started at 4.00pm)

7 PM **7.00** **Gladiators** New edition 8/11. Bradley and Barney Walsh host the concluding quarter-final. An incredible performance on the Eliminator results in a record-breaking finish time. (S)(AD)

8 PM **8.00** **Would I Lie to You?** New edition A look back at highlights from the 18th series of the comedy panel show. (S)
8.30 **Casualty** *Internal Affairs:* A special episode told from a patient's point of view, telling the story of a troubled man involved in a road accident. (S)(AD)

9 PM **9.15** **Dope Girls** New episode 4/6. Violet makes an unexpected discovery during the club's re-opening. (S1) (S)(AD)
■ Entire series on BBC iPlayer

10 PM **10.10** **BBC News** (S)
10.30 **Match of the Day** Gary Lineker presents the latest Premier League action, including Manchester City v Brighton & Hove Albion and Ipswich Town v Nottingham Forest. (S)
■ *Match of the Day 2* is on tomorrow at 10.30pm
11.40 FILM **The Photograph** Drama with Issa Rae and LaKeith Stanfield. A reporter becomes fascinated by a picture of a woman, and wants to know her backstory. (S)(AD) (2020, 12, 100min) ★★★
1.20 AM **Weather for the Week Ahead**
1.25 **to 6.00** AM **BBC News** (S)

BBC2

102 | 102 | 2 | 102 | 102

6.25 AM **Children's Programmes**
9.00 **Gardeners' World** (S)(R)
10.00 **Earth's Natural Wonders** (S)(R)
11.00 **Andi Oliver's Fabulous Feasts** (R)
12.00 NOON **Nigel Slater's Simple Suppers** Preparing meatballs with grated beetroot. (S)(R)
12.10 PM **Sort Your Life Out with Stacey Solomon** (S)(R)(AD)
1.10 FILM **I Was Monty's Double** Fact-based World War Two drama starring John Mills and Cecil Parker. (S) (1958, b/w, U, 100min) ★★★
2.50 FILM **The Third Man** Thriller starring Joseph Cotten (S)(AD) (1949, b/w, PG, 100min) ★★★★★
4.30 **Final Score** Results round-up. (S)
5.15 **The World's Busiest Railway** 4/4. The team consider what the future holds for the city's 5.5 million rail commuters. (S)(R)(AD)

10.00 Enya at the BBC

6.15 **Flog It!** Paul Martin, Caroline Hawley and Mark Stacey head to Dartmoor, where items of interest include a signed platinum disc awarded for Coldplay's album *X&Y*. (S)(R)

7.10 **Dad's Army** *Time on My Hands*: Mainwaring finds a German pilot trapped on top of the town clock. (S)(R)(AD)
7.40 NEW SERIES **The Emerald Isles** 1/3. Ardal O'Hanlon explores the islands off the coast of Ireland. He begins on Rathlin and then heads to Tory. (S)
8.30 NEW **Lady Gaga: Inside the Chaos** The singer and actor talks to Mark Savage. (S)
9.00 **Lady Gaga at the BBC** A collection of the acclaimed singer's appearances on the BBC over the years, including her duet with Tony Bennett on *Strictly Come Dancing*. (S)(R)
10.00 NEW **Enya at the BBC** Archive performances by the Irish singer and composer. (S)
10.45 **As I Roved Out** A selection of archive performances by Irish traditional folk band The Dubliners. (S)(R)
11.15 **St Patrick's Day at the BBC** A collection of pop performances from the Emerald Isle. (S)(R)
12.15 AM **Snow Patrol: The Quay Sessions** An intimate acoustic set recorded in Glasgow. (S)(R)
12.45 FILM **Close** Belgian coming-of-age drama starring Eden Dambrine and Gustav De Waele. Subtitled. (2022, 12, 95min) ★★★★
2.20 **Sign Zone: Ten Pound Poms** (S)(R)
3.20 **to 6.50** AM **Previews** (S)

ITV1

103 | 103 | 103 | 3 | 103 | 103 | 103

6.00 AM **In for a Penny** (S)(R)(AD)
6.30 **Judi Love's Culinary Cruise** (S)(R)
7.30 **Love Your Weekend with Alan Titchmarsh** With Ben Fogle. (S)(R)
9.25 **ITV News** (S)
9.30 **James Martin's Saturday Morning** New edition With Noel Fitzpatrick.
11.40 NEW SERIES **Prue Leith's Cotswold Kitchen** (S)(AD)
12.40 PM **James Martin's French Adventure** St Tropez. (S)(R)(AD)
1.10 **ITV News** (S)
1.30 LIVE **Rugby Union: Six Nations** Italy v Ireland: Coverage of the opening match in the final round of fixtures, held at Stadio Olimpico in Rome. Kick-off is at 2.15. (S)
4.40 **ITV News** (S)
4.55 **Local News** (S)
5.05 **The Chase Celebrity Special** With Cheryl Baker. (S)(R)(AD)

6.10 Wheel of Fortune

6.10 **Wheel of Fortune** New edition Graham Norton hosts the revival of the game show in which Sapna, Ben and Deborah compete to solve word puzzles to get the chance to spin the wheel and win big money prizes. (S)(AD)
7.15 LIVE **Rugby Union: Six Nations** France v Scotland: Mark Pougatch presents coverage of the final match of this year's championship, held at Stade de France. With analysis from Johnnie Beattie, Maggie Alphonsi and Dan Biggar, pitchside reports by Gabriel Clarke and Jim Hamilton, and commentary by Miles Harrison, Scott Hastings and Benjamin Kayser. Kick-off is at 8.00. (S)
10.35 **ITV News** (S)
10.55 **The Murder of Molly McLaren: Social Media Murders** An investigation into the case of Molly McLaren, who was killed in 2018 by her ex-boyfriend Joshua Stimpson, who she first met through Tinder but broke up with after he grew more controlling. (S)(R)(AD)
11.55 **English Football League Highlights** Recent action, including Coventry City v Sunderland. (S)
1.10 AM **Teleshopping**
3.00 **Next Level Chef USA** (S)(SL)(R)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Long Lost Family** (R)

+1 hour | 203 | 303 | 35 | 112

CHANNEL 4

104 | 104/108 | 108 | 4 | 104 | 104/106

5.55 AM **Cheers** 5-7/26. (S5) (S)(R)
7.15 **Everybody Loves Raymond** 11 & 12/25. (S5) (S)(R)(AD)
8.05 **The Simpsons** (S)(R)(AD)
10.30 **F1: Australian Grand Prix Qualifying Highlights** The battle for grid positions in the opening round of the season. (S)
12.00 NOON FILM **The Call of the Wild** Adventure starring Harrison Ford and Omar Sy. A crossbreed dog stolen from his Californian home must rediscover his primal nature to survive in the wild. (S)(AD) (2020, PG, 115min) ★★★
1.55 PM **The Dog House** A girl with Tourette's needs a special pup to stand by her side. (S)(R)(AD)
2.55 **Four in a Bed** Five editions of the B&B challenge. (S)(R)
5.30 **News** (S)

9.00 Ticket to Paradise

6.00 **Our Farm Next Door: Amanda, Clive and Kids** 5/5. The planners agree that renovation can now extend into the adjacent barn, and Amanda goes to meet distant Clarkson relative Dorothy. (S)(R)(AD)
7.00 NEW SERIES **National Trust: Our Dream Farm with Matt Baker** The National Trust searches for a new tenant for a 600-acre farm in the Eryri National Park in north Wales. (S)(AD)
8.00 NEW SERIES **Ancient Greece by Train with Alice Roberts** The historian takes to the railways of Greece and Turkey, beginning in the northern Greek city of Thessaloniki. *See feature, page 21.* (S)(AD)
9.00 FILM **Ticket to Paradise** Romantic comedy starring George Clooney and Julia Roberts. A divorced couple travel to Bali to stop their daughter's pending wedding. With Kaitlyn Dever and Maxime Bouttier. (S)(AD) (2022, 12, 125min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
11.05 FILM **Finding Your Feet** Comedy drama starring Imelda Staunton, Celia Imrie and Timothy Spall. (S)(AD) (2017, 12, 125min) ★★
1.10 AM **Ramsay's Kitchen Nightmares USA** (S)(SL)(R)
2.00 **Travel Man: 48 Hours in Vilnius** With Sarah Millican. (S)(SL)(R)(AD)
2.30 **The Simpsons** (S)(R)(AD)
4.55 **to 5.50** AM **Location, Location, Location** (S)(SL)(R)

+1 hour | 204/208 | 304 | 15 | 121

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 805 | 105 | 5 | 105 | 105 | 105

5.40 AM **Milkshake!**
9.10 **Entertainment News** (S)
9.20 **Gardening with Carol Klein** Triple bill of editions. (S)(R)
12.10 PM **Kate Humble's Coastal Britain** Kate visits the seaside resort of Llandudno. (S)(R) **1.05** The naturalist heads to the Isle of Wight. (S)(R) **2.00** Kate follows the historic East Sussex coastline. (S)(R)
3.00 **Happy Campers: The Caravan Park** 1/6. Staff at Tencreek in Looe prepare for the first arrivals of summer. (S)(R) **4.00** 2/6. A lorry crashes into the automatic barriers at Brean Sands in Somerset. (S)(R)
5.00 **Florida with Jane McDonald** The singer visits Orlando, Fort Lauderdale and Miami. (S)(R)

8.00 Portugal with Michael...

6.25 **News** (S)
6.30 **St James's Palace: Inside the Secret Royal Residence** A look at the history of the royal palace in the City of Westminster, revealing the family dramas that have taken place there since it was built on Henry VIII's orders in the 1530s. (S)(R)
8.00 **Portugal with Michael Portillo** New edition 3/6. Michael seeks out the lesser-known aspects of the Algarve, meeting a fisherman who collects goose barnacles. (S)
9.00 **NEW The Middletons: How Family Shaped Our Future Queen** The Middleton family's journey from humble beginnings to their profound influence on the monarchy. (S)
10.30 **1986: Most Shocking Moments** Controversies and scandals from 1986, with *Grange Hill* tackling the issue of heroin addiction and *EastEnders* introducing a gay couple to Albert Square. (S)(R)
12.30 AM **Friends** 19/24. Rachel loses Ross's monkey. (S1) (S)(R)(AD)
12.55 **Entertainment News** (S)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **Secret Life of the Forest** Double bill of editions. (S)(R)
4.40 **Wildlife SOS** (S)(SL)(R)
5.05 **Divine Designs** (S)(SL)(R)
5.35 **to 5.40** AM **Entertainment News** (S)

+1 hour | 205 | 305 | 38 | 128

SKY SHOWCASE

106 106 806 | 109 | 340 | 355

6.00 AM **Simon** (S)(R)
6.30 **The Makery** (S)(R)(AD)
6.45 **Where's Wally** (S)(R)
7.35 **The Slow Mo Guys' Big Adventures** Airships (S)(R)
8.00 **The Rookies** (S)(R)(AD)
9.00 **F1: Australian Grand Prix Qualifying** Action from Albert Park Circuit in Melbourne. (R)
11.00 **Ted's Notebook** (R)
11.30 **Rob & Romesh vs F1** (S)(R)
1.30 PM **The Simpsons** (S)(R)
2.00 **Landscape Artist of the Year** The finalists compete at Stonehenge in Wiltshire. (S)(R)
3.00 **Gillette Labs Soccer Saturday** Up-to-the-minute reports on today's football matches.
5.00 **Secrets in the Ice** Exploring new insights into prehistoric penguin evolution. (S)(R)

9.00 Bad Boys II

6.00 **Ramses the Great: King of Ancient Egypt** 2/6. A look at the childhood years of Egyptian pharaoh Ramses the Great. (S)(R)
7.00 **F1: Australian Grand Prix Qualifying Highlights** Action from the battle for grid positions in the opening round of the season, held at Albert Park Circuit in Melbourne. (R)
9.00 **FILM Bad Boys II** Action comedy thriller sequel starring Martin Lawrence and Will Smith as Miami cops striving to bring down a Cuban drug lord. With Gabrielle Union, Joe Pantoliano and Jordi Mollà. (S) (2003, 15, 147min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
11.40 **Hacks** 3/8. Deborah continues to workshop her material on the road. (S)(R)(AD) **12.20** AM 4/8. Deb struggles to connect with her audience on a cruise. (S2) (S)(R)(AD)
1.00 **An Idiot Abroad** 7/8. Karl Pilkington visits Peru. (S)(R)(AD)
2.00 **The Office (US)** (S9) (S)(R)
3.30 **Road Wars** (S)(R)
4.00 **to 6.00** AM **Nothing to Declare**

+1 hour | 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky **964**, Virgin **862**, Freesat **964**
11.40pm Sportscene: Premiership Highlights (S)(R) **12.40am FILM** The Photograph (S)(AD) (2020, 12, 100min) ★★★ **2.20** Weather for the Week Ahead (S) **2.25-6.00am** BBC News (S)

N. IRELAND
Sky **966**, Virgin **863**, Freesat **966**
No variations

WALES
Sky **965**, Virgin **864**, Freesat **965**
No variations

BBC2

N. IRELAND
Sky **969**, Freesat **969**
5.10pm Flog It! (S)(R) **6.10** Chronicles of the Sperrins (S)(R) **6.40-7.10pm** If Walls Could Talk (S)(R)

WALES
Sky **968**, Freesat **968**
5.15pm Flog It! (S)(R) **6.10-7.10pm** Pompeii: The New Dig (S)(R)(AD)

ITV1

No variations

S4C

Sky **134**, Virgin **164**, Freesat **120**
6.00am Cyw **8.00** Stwnsh Sadwrn **10.00** Priodas Pum Mil **10.55** Bois y Pizza: Chwe' Gwlad (AD) **11.20** Cysgu O Gwmpas (AD) **11.45** Ffermio **12.15pm** Sgorio **2.40** Colleen Ramsey: Bywyd a Bwyd **3.10** Sgwrs Dan y Lloer **4.00 LIVE** Clwb Rygbi Rhyngwladol **7.15** Newyddion a Chwaraeon **7.30** Canu gyda Fy Arwr **8.30** Am Dro! (AD) **9.30** Curadur **10.00** Priodas Pum Mil **11.00-11.35pm** Y Tyrchwyr gyda Iolo Williams (AD)

BBC3

115/117/121 | 107/113 | 23 | 107 | 107

BBC3 programmes start at 7.00pm

7.00 PM **EastEnders** Nicola is forced to take drastic action to conceal the truth. **7.30** Kat's concerns lead to a surprising revelation.
8.00 **FILM Lara Croft Tomb Raider: The Cradle of Life** Fantasy adventure sequel starring Angelina Jolie. Aristocratic British adventurer Lara Croft goes on a globe-trotting mission to thwart the plans of a megalomaniac bio-terrorist. (2003, 12, 117min) ★★★
9.45 **Two Pints of Lager and a Packet of Crisps** 1/6. Gaz struggles to adjust to life in a wheelchair. **10.15** 2/6. Billy's behaviour continues to baffle Gaz. **10.45** 3/6. Gaz tries to help Billy join Runcorn Rovers. **11.15** 4/6. Billy agrees to a date with Cassie. (S9)
11.45 **Ruck Stars**
12.45 AM **I Am Darren**
1.00 **We Built a Zoo**
2.00 **to 4.00** AM **Two Pints of Lager and a Packet of Crisps**

+1 hour | 236/237 | 347 | 125

BBC4

116 | 107/108 | 9/24 | 106 | 108

BBC4 programmes start at 7.00pm

7.00 PM **The Flying Gardener** Chris Beardshaw looks at flowers and shrubs that flourish in the Cotswolds.
7.15 **All Creatures Great and Small** *Every Dog Has His Day:* Mrs Pumphrey's dog has an embarrassing problem. **8.05** *Hair of the Dog:* Helen practises her first-aid skills on James.
9.00 **The One That Got Away** New edition 5/6. Ffion and Rick's relationship intensifies as the past continues to haunt the present. **9.50** Series finale 6/6. Rick arrives home and panics when Helen is nowhere to be found. (S1)
■ Entire series on BBC iPlayer
10.45 **Parkinson** With comedian Dave Allen, actor and singer Toyah Willcox and singer-songwriter Peter Skellern.
11.45 **The Fall and Rise of Reginald Perrin**
12.50 AM **Michael Caine: Talking Pictures**
1.40 **to 3.25** AM **All Creatures Great and Small**

MORE4

136/137 831 | 147 | 18 | 124

8.55 AM **George Clarke's Amazing Spaces**
9.55 **Ugly House to Lovely House with George Clarke** Transforming a property in Gloucestershire.
11.00 **George Clarke's Old House, New Home**
12.00 NOON **Four in a Bed**
2.40 PM **Come Dine with Me**
5.20 **Four in a Bed** The contest begins at Brockley Hall Hotel in Saltburn-by-the-Sea. **5.50** A visit to The Star Inn 1744 in Leicestershire.
6.20 **Four in a Bed** The third visit is to Croft Farm Park in Tewkesbury, Gloucestershire. **6.55** The final visit is to the Harbour Vista B&B in Poole. **7.25** The B&B owners meet up for the final time.
7.55 **999: On the Front Line** Paramedic Rob Moore and technician Chloe Walker rush to a GP surgery, where a young woman has suspected meningitis and sepsis.
9.00 **24 Hours in A&E** An 18-year-old is rushed in after coming off his motor scooter. **10.00** Doctors treat a cyclist who collided with a stampede of deer.
11.05 **Emergency Helicopter Medics** Documentary.
12.10 AM **999: On the Front Line** As shown at 7.55pm.
1.15 **24 Hours in A&E**
3.25 **to 3.55** AM **Food Unwrapped**

+1 hour | 236/237 | 347 | 125

E4

135/136 830 | 106 | 13 | 122

6.00 AM **The Goldbergs**
8.20 **Lego Masters Australia**
9.35 **FILM Wedding March 4: Something Old, Something New** Drama. (2018, PG, 84min) ★★★
11.25 **Married at First Sight Australia** Double bill.
2.30 PM **FILM Sonic the Hedgehog** Live-action fantasy. (2020, PG) ★★★
4.20 **The Big Bang Theory**
5.25 **FILM School of Rock** Comedy starring Jack Black. (2003, PG, 109min) ★★★★
7.35 **The Simpsons** *The Girl Who Slept Too Little:* The town's graveyard is moved next to the family's home. **8.00** *Bonfire of the Manatees:* Marge begins a new life protecting endangered creatures. **8.30** *Milhouse of Sand and Fog:* Milhouse's parents consider a reconciliation.
9.00 **Celebrity Gogglebox** Famous faces appraise *Antiques Roadshow, Naked Attraction, It* and *My Gay Dog and Other Animals.*
10.00 **Gogglebox** Opinions on *The Piano, The1% Club* and *Inside Windsor Castle.* **11.05** *Britain's Got Talent, I Kissed a Girl* and *MILF Manor* are appraised.
12.05 AM **First Dates**
2.15 **Gogglebox**
4.05 **to 6.00** AM **Ramsay's Kitchen Nightmares USA**

+1 hour | 235/236 | 306 | 30 | 123

Saturday primetime primetime

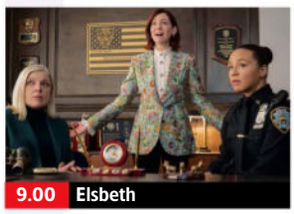
SATURDAY Entertainment

Saturday

Sky Witness

107 807 110 341 356

6.00 AM **Send in the Dogs**
8.00 **Motorway Patrol**
9.00 **Highway Patrol**
10.00 **Border Patrol**
12.00 NOON **Border Security: Canada's Front Line**
1.00 PM **UK Border Force**
2.00 **Nothing to Declare** Ten editions, including at: **5.30** Officers uncover a backpack filled with drugs. **6.00** A deadly parcel turns up at the Mail Centre. **6.30** Hundreds of illicit items are discovered in a container.


9.00 Elsbeth

7 PM
7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM
8.00 **Nothing to Declare** Double bill of the series accessing the world of national security at Australia's biggest airports.

9 PM
9.00 **Elsbeth** *A Fitting Finale:* 10/10. The team investigate the murder of a photographer at a fashion show. (S1)

10 PM
10.00 **Blue Bloods** *Firewall:* 9/20. A cyber-attack on the NYPD forces Danny and Baez to release an evasive suspect. (S12)
11.00 **Chicago Fire** 18/22. A familiar face makes a return. (S11)
12.00 M'T **Law & Order: Organized Crime** 4/22. (S2)
1.00 AM **The Good Doctor** (S3)
2.00 **Elsbeth** As 9.00pm.
3.00 **to 6.00** AM **Nothing to Declare**

+1 hour 207 310

Sky Atlantic

108/109 808 342 357

6.00 AM **Fish Town** Double bill.
8.05 **Westworld** 1-3/10. (S1)
11.25 **True Blood** Seven episodes of the series, including at: **3.25** PM 4/12. Alcide helps Sookie search for Eric. **4.25** 5/12. Bill gets involved in the necromancy crisis sweeping through Bon Temps. **5.25** 6/12. Sookie searches for Jason under the light of the full moon. (S4)
6.30 **Gangs of London** 7/8. Elliot goes after those who have wronged him. (S2)

9.00 Small Town, Big Story

7.45 **Gangs of London** 8/8. As Elliot's conflict reaches an exhilarating climax, Shannon makes a grasp for power and Marian stands to lose everything. (S2)

9.00 **Small Town, Big Story** *On Children:* 3/6. Joanne's 18th birthday and the first day of filming on the TV shoot lead to chaos. (S1)

10.00 **The White Lotus** *Hide or Seek:* 4/8. Comedy drama following the guests and staff of a resort in Thailand. (S3)
11.10 **Game of Thrones** 6/10. Jorah and Tyrion run into slavers. **12.15** AM 7/10. Jaime attempts to reconnect with his family. **1.20** 8/10. Arya makes progress in her training. **2.35** 9&10/10. (S5)
4.50 **to 6.00** AM **Fish Town**

+1 hour 208/209

Sky Max

113/114 813 111 346 361

6.00 AM **Supergirl** 14-18/20. (S1)
11.00 **Grimm** Four episodes of the fantasy drama, including at: **2.00** PM 14/22. Three Wesen commit a series of bank robberies. (S2)
3.00 **NCIS: Los Angeles** 19/22. The team work with DEA agent Talia Del Campo. **4.00** 20/22. Callen wants to take the next step with Anna. **5.00** 21/22. Callen falls into a trap set by Katya. **6.00** 22/22. Kensi and Deeks hear some exciting news. (S13)

8.00 An Idiot Abroad

7.00 **NCIS: Los Angeles** *Games of Drones:* 1/21. Callen and Kilbride receive troubling news about a body found in Syria. (S14)

8.00 **An Idiot Abroad** 7/8. Karl Pilkington visits Peru, where he fails to impress a local tribe with his hunting skills.

9.00 **Small Town, Big Story** *On Children:* 3/6. Joanne's 18th birthday and the first day of filming on the TV shoot lead to chaos. (S1)

10.05 **Rob Beckett's Smart TV** Comedy panel show, with guests Gyles Brandreth, Sope Dirisu, Helen George and Judi Love.
11.00 **Hacks** 3/8. Ava attempts to adapt a new lifestyle. **11.40** 4/8. Marcus burns the candle at both ends. (S2)
12.20 AM **Strike Back: Retribution**
1.20 **Road Wars**
2.00 **The Force: Manchester**
3.00 **Road Wars**
4.00 **to 6.00** AM **Sun, Sea and A&E: South Africa**

ITV2

118 816 115 6 113

6.00 AM **CITV**
9.00 **Totally Bonkers Guinness World Records**
9.25 **Love Bites**
10.25 **Deal or No Deal**
1.25 PM **American Ninja Warrior**
2.25 **The Masked Singer US**
3.20 **Celebrity Catchphrase**
4.25 **FILM Marley & Me** Comedy starring Owen Wilson and Jennifer Aniston. A boisterous labrador dog comes to take a central place in the lives of a young married couple. (2008, PG, 115min) ★★★

6.45 Mamma Mia! Here We Go...

6.45 **FILM Mamma Mia! Here We Go Again** ABBA-themed musical sequel starring Amanda Seyfried and Lily James. The reopening of the Hotel Bella Donna leads to a reunion for Sophie's family. (2018, PG, 114min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **FILM Bridesmaids** Comedy starring Kristen Wiig, Maya Rudolph and Rose Byrne. A single woman attempts to compete with a rich rival after she is asked to be her childhood best friend's maid of honour. (2011, 15, 124min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.25 **Family Guy** 6/12. Peter finds out he was born in Mexico. (S6) **11.55** 18/18. Peter goes back in time to 1984. (S5)
12.25 AM **American Dad!** (S3&2)
1.20 **Iain Stirling's CelebAbility**
2.05 **World's Funniest Videos**
2.35 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114

ITV3

119 117 10 115

6.00 AM **Agatha Christie's Poirot**
10.35 **Inspector Morse**
12.55 PM **Rosemary & Thyme**
3.00 **Agatha Christie's Marple** *Ordeal by Innocence:* A stranger tries to prove the innocence of an executed man.
5.00 **Midsomer Murders** *Death and the Divas:* Barnaby and Jones investigate a series of murders echoing the plots of horror films, giving the detective duo what looks like a disturbing case of life imitating art.

11.00 A Touch of Frost

7.00 **Midsomer Murders** *Written in the Stars:* Barnaby and Jones investigate the death of an amateur astronomer who was killed by a blow to the head with a meteorite during a total eclipse of the sun. Guest stars Maureen Lipman.

11.00 **A Touch of Frost** *Stranger in the House:* A serial rapist arouses the detective's righteous indignation.
12.55 AM **The Real Crown: Inside the House of Windsor**
1.50 **Never the Twain**
2.15 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 180 162 110

12.00 NOON **This Is BBC Scotland**
4.30 PM **Sportscene: Open All Mics**
5.30 **This Is BBC Scotland**
7.00 **Reporting Scotland**
7.15 **Sportscene: Premiership Highlights** The latest top-flight action, featuring Hearts v Ross County.
8.15 **Icons of Football** A profile of ex-Aberdeen defender Willie Miller.
8.45 **Growing Up Scottish** Comedians share their experiences of work.
9.00 **The Hunt for Peter Tobin** 2/2. Detectives analyse Tobin's past.
10.00 **Mrs Brown's Boys** 4/6. Agnes decides to go on a diet. (S2)
10.30 **Two Doors Down** 4/6. Colin throws a birthday party for his father. (S2)
11.00 **Best of Chewin' the Fat**
11.30 PM **to 12.00** M'T **T in the Park: Best Bits**

Sky Comedy

114/115 814 112 347 362

8.00 AM **The Conners** (S1)
10.30 **Bored to Death** (S3)
11.45 **Veep** 1-6/8. (S1)
3.10 PM **Curb Your Enthusiasm** (S3)
6.30 **The Office (US)** 7/25. Dwight struggles to sell to a female client. **7.00** 8/25. Angela asks Dwight for help when she learns that her husband is having an affair with Oscar. **7.30** 9/25. Dwight plans a Pennsylvania-Dutch-themed office Christmas party. **8.00** 10/25. Pam accidentally brings lice into the office. **8.30** 11/25. Darryl goes for an interview at Jim's company. (S9)
9.00 **And Just Like That...**
10.40 **Saturday Night Live**
12.10 AM **Entourage** (S6)
1.20 **Barry** 1&2/8. (S1)
2.35 **Girls** 3&4/10. (S1)
3.55 **to 5.00** AM **In the Long Run**

Sky Arts

130/131 826 123 36 143 365

6.00 AM **Bregenz: Madama Butterfly**
8.20 **Tales of the Unexpected**
11.00 **Alfred Hitchcock Hour**
1.00 PM **FILM Kiss Me, Stupid** Comedy. (1964, b/w, PG, 124min) ★★★
3.25 **Landscape Artist of the Year** The Grand Final.
5.25 **Cirque du Soleil: Luzia**
7.00 **Johnny Cash: Cash for Kenya**
8.25 **Johnny Cash Live at Montreux** The singer's performance at the 1994 jazz festival.
9.50 **Johnny Cash: The Man in Black in Britain** The connection the singer had with the UK.
10.50 **Johnny Cash: A Night to Remember Live 1973**
11.50 **Tina Turner: What's Love Live** From 1993.
2.00 AM **Classic Albums**
3.20 **Discovering**
4.20 **Isle of Wight Festival Greatest Hits**
5.10 **to 6.00** AM **Music Icons**

Sky Mix

151 135 11 141

6.00 AM **Nothing to Declare**
8.00 **Madagascar: A Little Wild** Animation.
8.25 **Alvinnn!!! and the Chipmunks** Double bill.
8.50 **Pooch Mooch**
9.00 **Nothing to Declare**
11.00 **Hope for Wildlife**
1.00 PM **Micro Monsters with David Attenborough**
2.00 **City Wildlife Rescue**
3.00 **Malawi Wildlife Rescue**
4.00 **David Attenborough's Kingdom of Plants**
5.00 **Battle of the Alphas**
6.00 **Age of the Big Cats**
7.00 **Impossible Animals**
8.00 **Caught on Dashcam**
9.00 **Made for Murder** The case of David Roustoby, who killed his neighbour in cold blood.
10.00 **Sex and the City** (S2)
12.00 M'T **Caught on Dashcam**
1.00 AM **Brit Cops: Rapid Response** Documentary.
2.00 **Nothing to Declare**
4.00 **to 6.00** AM **Highway Patrol**

ITV Be

131/132 119 28 119

7.30 AM **Unwind**
7.45 **The Real Housewives of Jersey** Reality series.
8.50 **Fletchers' Family Farm**
9.50 **Scott's Vacation House Rules** Triple bill.
12.35 PM **Abbey Clancy: Celebrity Homes**
1.40 **Drama Queens**
3.45 **The Only Way Is Essex**
4.45 **The Real Housewives of Cheshire** Reality series.
5.45 **Celebrity Dinner Date**
6.45 **FILM Father of the Bride** Romantic comedy starring Steve Martin and Diane Keaton. (1991, PG, 105min) ★★ **9.00** **Olivia Attwood's Bad Boyfriends** The couples enter the third and final phase of the project. **10.00** The boyfriends get grilled during a revealing set of dates.
11.00 **Botched** Double bill.
12.55 AM **Backyard Builds**
1.25 **to 1.30** AM **Unwind**

+1 hour 319

GREAT! tv

157 170 50

8.00 AM **Highway to Heaven**
1.00 PM **Highway to Heaven** Eight episodes of the series, including at: **7.00** *With Love, the Claus:* 12/24. Jonathan must save a marriage at Christmas. Guest stars Wendie Malick. **8.00** *A Mother's Love:* 13/24. Four orphaned brothers face being split up when a social worker places them in different foster homes. (S4)
9.00 **Murder 101: If Wishes Were Horses** Mystery drama starring Dick and Barry Van Dyke.
10.50 **The Gourmet Detective: Roux the Day** Crime drama with Dylan Neal.
12.45 AM **The Avengers** (S5)
3.00 **Randall and Hopkirk (Deceased)** 6/26. (S1)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 118 26 117

6.00 AM **Great Racehorses**
6.25 **Minder**
7.20 **The Sweeney**
8.25 **Robin of Sherwood**
9.30 **Racing: The Opening Show**
10.30 **The Big Match Revisited**
11.25 **Junk and Disorderly**
12.25 PM **Monster Carp**
1.30 **LIVE Racing** Coverage from Uttoxeter and Kempton Park.
4.00 **World of Sport**
4.15 **The Car Years**
4.45 **Sharpe** *Sharpe's Sword:* Munro orders Sharpe to kill a colonel.

10.30 Bullitt

7.00 **Cycling: Paris-Nice Highlights** Gary Imlach presents action from stage seven, a 147.8km route from Nice to Auron.
8.00 **The Motorbike Show** Henry Cole is in Somerset, where he rides a Honda Goldwing and visits the Haynes motor museum.
9.00 **English Football League Highlights** The latest EFL action, including Queens Park v Leeds United and Coventry City v Sunderland .
10.30 **FILM Bullitt** Thriller starring Steve McQueen. A San Francisco detective hunts the killer of an important witness. (1968, 15, 109min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
12.45 AM **Football Rivalries: Manchester Utd v Liverpool**
1.00 **to 3.00** AM **LIVE LIV Golf** Coverage of round two from Sentosa Golf Club in Singapore. *Continues on ITV4.*

+1 hour 220 318 118

Sky Sci-Fi

139/140 836 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 11-15/26. (S4)
4.00 PM **Star Trek: Voyager** 9/26. Torres and Chakotay are captured by smugglers.
5.00 10/26. An alien extremist takes over the body of a *Voyager* crew member.
6.00 11/26. Janeway is not impressed by Q's proposal that they should have a child combining the power of his species with emotions. (S3)

11.00 The Walking Dead

7.00 **Star Trek: Voyager** *Macrocosm:* 12/26. The ship is attacked by a strange alien life form.
8.00 **Star Trek: Voyager** *Fair Trade:* 13/26. An old friend tricks Neelix into trafficking drugs, leading the crew into difficulties. (S3)
9.00 **FILM Poseidon Rex** Monster thriller starring Brian Krause. A team of deep-sea divers go in search of Mayan treasure underwater, only to unwittingly awaken a hibernating dinosaur. (2013, 15, 81min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.00 **The Walking Dead** 11/16. Carl and Michonne go on a supply run as Rick recuperates.
12.00 M'T 12/16. Beth forces a reserved Daryl to leave their camp and search for alcohol because she wants to have a drink before she dies. (S4)
1.00 AM **The Walking Dead** (S4)
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 809 114 343 358

7.15 AM **Murdoch Mysteries** (S10)
10.00 **Elementary** 7-9/24. (S1)
1.00 PM **Father Brown**
2.00 **Inspector George Gently** *Gently Upside Down:* A schoolgirl with links to a rising TV star is murdered.
4.00 **Father Brown** *The Wrath of Baron Samdi:* Father Brown encounters a voodoo priest.
5.00 *The Star of Jacob:* A baby is kidnapped.
6.00 *The Labyrinth of the Minotaur:* Lady Felicia's niece Bunty is suspected of murder.

8.00 Shakespeare & Hathaway

7.00 **Father Brown** *The Eve of St John:* The priest investigates when a group of pagans are suspected of killing one of their own.
8.00 **Shakespeare & Hathaway: Private Investigators** 7/10. The duo investigate a death among a team of actors.
9.00 **Shakespeare & Hathaway: Private Investigators** 8/10. Frank and Lu look into a case of paranormal activity. (S4)
10.00 **Death in Paradise** *Fake or Fortune:* 6/9. Part two of two. Neville probes a renowned concert pianist's murder. (S10)
11.00 **Alaska Daily** 10/11. While getting ahead with Gloria's case, Eileen and Roz are offered new opportunities. (S1)
11.55 **Evil** 10/10. (S3)
12.55 AM **Father Brown**
1.55 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 810 124 344 359

7.10 AM **Keeping Up Appearances**
7.40 **On the Up**
8.15 **Are You Being Served?**
8.55 **Only Fools and Horses**
12.50 PM **Only Fools and Horses** Eight episodes, including at:
4.00 Rodney goes it alone.
4.40 Del Boy plans a spot of salmon-poaching.
5.20 Del Boy falls for a glamorous antiques dealer.
6.00 Rodney unwittingly causes a family crisis.
6.40 Rodney tries to help a drunken woman on the street.

7.20 Only Fools and Horses

7.20 **Only Fools and Horses** Feature-length Christmas special from 1988. Del Boy embarks on a new romance with Raquel, an actress he meets through a computer dating agency, while Rodney takes 'Nervous Nerys' out in the three-wheeler.
9.10 **The Fast Show** First edition of the sketch show starring Paul Whitehouse.
9.50 **Paul Whitehouse's Sketch Show Years** Paul's retrospective concludes with the new millennium.
10.30 **Billy Connolly Does...** The comedian tackles heroes and villains.
11.30 **Billy Connolly Does...**
12.30 AM **The Young Ones**
1.20 **Inside No 9**
1.55 **The Fast Show: More Blooming Catchphrases**
2.20 **Only Fools and Horses**
2.55 **to 4.00** AM **Inside No 9**

+1 hour 210/211 324

U&Dave

111/112 811 127 19 157

7.10 AM **World's Most Dangerous Roads** Jess Fostekew and Desiree Burch are in Colorado.
8.00 **Storage Hunters UK**
9.00 **Railroad Australia**
11.00 **Red Bull Soapbox Race**
1.00 PM **World's Most Dangerous Roads** Double bill of editions.
3.00 **Robson Green's Weekend Escapes** Triple bill of editions.
5.00 **Simon Reeve's South America** Simon travels to the vast white salt flats of Bolivia.
6.00 **Would I Lie to You?** Double bill of the comedy panel show.

9.00 Not Going Out

7.20 **Would I Lie to You?** With comedians Jimmy Carr and Marcus Brigstocke, singer Jamelia and TV presenter Terry Christian.
8.00 **Special Ops: Crime Squad UK** A special police task force tackles violent drug dealers in Gloucestershire.
9.00 **Not Going Out** Lee and Lucy plan a friendly night of quizzing in the pub.
9.35 Frank announces that he is engaged. Guest stars Susie Blake.
10.15 Lee makes contact with an ex-girlfriend.
10.55 **QI** With Joe Lycett, Phil Wang and Ellie Taylor.
11.55 **Dave Gorman: Modern Life Is Goodish** The comedian discusses notions of 'celebrity'.
12.55 AM **Have I Got a Bit More News for You** Jon Richardson hosts the current affairs quiz.
1.55 **to 4.00** AM **Meet the Richardsons**

+1 hour 211/212 327 74

Saturday

7 PM 8 PM 9 PM 10 PM

4seven

137/138 143 49 127

9.00 AM **A New Life in the Sun** Five editions.
2.00 PM **A Place in the Sun** Six editions, including at:
7.00 Ben Hillman helps a finance officer find a holiday home on Spain's Costa Almería.
8.00 **Kirstie and Phil's Love It or List It** Catching up with a couple who renovated their Newcastle home in 2016.
9.00 **Grand Designs** A couple building a curved glass family home in Manchester.
10.00 **8 Out of 10 Cats Does Countdown**
11.05 **Open House: The Great Sex Experiment**
12.05 AM **Gogglebox**
1.10 **Celebrity Gogglebox**
2.15 **FILM The Call of the Wild** Historical drama starring Harrison Ford and Omar Sy. (2020, PG, 96min) ★★★
4.05 **to 4.35** AM **Unreported World**

5USA

141/169 120/162 21 129

9.00 AM **Entertainment News**
9.10 **Blue Bloods** (S2)
1.00 PM **NCIS** Eight episodes of the series, including at:
6.00 *Hide and Seek:* 19/25. A child discovers a murder weapon.
7.00 *Dead Reckoning:* 20/25. CIA agent Trent Kort returns to track a dangerous criminal.
8.00 *Toxic:* 21/25. Abby is asked to help out with a top-secret research project. (S6)
9.00 **Criminal Minds** *The Night Watch:* 5/22. The team learn of a killer incorporating dead bodies into graffiti art.
10.00 *Pariahville:* 6/22. A woman is killed in a small town inhabited by sex offenders. (S11)
11.00 **Law & Order: Special Victims Unit** (S16)
2.50 AM **The Good Wife** (S1)
3.35 **to 4.00** AM **Motorway Patrol**

+1 hr 241/269 320/362 130

5STAR

128/129 126 32 131

8.00 AM **Dogs Behaving (Very) Badly** Triple bill.
11.00 **Nightmare Tenants, Slum Landlords**
4.00 PM **FILM The Lake House** Romantic fantasy starring Keanu Reeves. (2005, PG, 98min) ★★
6.05 **FILM Hook** Steven Spielberg's adventure starring Robin Williams. (1991, U, 140min) ★★★
9.00 **FILM Bridget Jones: The Edge of Reason** Romantic comedy sequel starring Renée Zellweger, Colin Firth and Hugh Grant. (2004, 15, 108min) ★★★
11.05 **Adults Only: Sexual Healing**
12.05 AM **Adults Only: Sex Dolls Gone Wild**
1.05 **Killer at the Crime Scene** Documentary.
2.10 **Skin A&E** Double bill.
3.55 **to 4.00** AM **Entertainment News**

+1 hour 228/229 326 140

5Action

150 130 33 132

9.00 AM **Entertainment News**
9.15 **Electric Cars: Shop Smart, Save Money**
10.15 **Police Interceptors**
1.15 PM **Police Interceptors**
3.15 **FILM The Kid from Texas** Western drama. (1949, U, 78min) ★★
4.55 **FILM The Great Northfield Minnesota Raid** Western adventure starring Cliff Robertson. (1971, 15, 90min) ★★
6.50 **FILM Any Which Way You Can** Action comedy sequel starring Clint Eastwood. (1980, 15, 116min) ★★★
9.00 **FILM Exit Wounds** Action thriller starring Steven Seagal and DMX. (2001, 18, 97min) ★
11.05 **FILM Death Wish** Action thriller remake. (2018, 18, 107min) ★★★
1.15 AM **Police Interceptors**
2.15 **Trucking Hell**
3.20 **Car Pound Cops**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 827 125 25 156

6.10 AM **The Bill**
11.00 **Tipping Point**
3.00 PM **My Family**
5.00 **Outnumbered** Six episodes, including at:
6.20 Karen devises her own version of *Britain's Got Talent*.
7.00 Ben shows prospective buyers around the house.
7.40 Auntie Angela introduces her new husband to the family.
8.20 Sue and Pete try to resolve their differences.
9.00 **Gavin & Stacey** The gang reunite for Neil's christening.
9.40 **Miranda** A shopping expedition ends badly.
10.20 The singleton tries to learn French.
11.00 **The Undateables**
1.00 AM **Inside the Ambulance**
2.00 **to 3.00** AM **Alex Jones: Making Babies**

+1 hour 232/233 325

U&Drama

143 116 20 158

7.15 AM **Birds of a Feather**
8.30 **Bergerac**
11.35 **Lovejoy**
1.40 PM **Call the Midwife**
3.00 **The Marlow Murder Club** 2/2. Crime drama.
5.00 **Signora Volpe** 3/3. (S1)
6.55 **Whitstable Pearl** *A Cup O'Kindness:* 5/6. Pearl investigates when a mother takes her daughter out for a boat ride that ends in the pair needing to be rescued.
8.00 *The Man on the Blue Plaque:* 6/6. A skeleton washes up in Whitstable. (S1)
9.00 **Bergerac** *Alone, Alas, Alone:* 3/6. A threatening letter sent to the Wakefields leads to a new suspect. (S1)
10.00 **Harlots** 4/8. (S1)
11.00 **Hotel Portofino** (S1)
12.15 AM **The Heart Guy** (S2)
1.15 **Rebus** *Resurrection Men.*
2.50 **to 4.00** AM **Bergerac**

+1 hour 243 316 60

Really

142 128 17 145

6.00 AM **Celebrity Fantasy Homes** In North Devon.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
10.00 **Celebrity Yorkshire Auction House**
12.00 NOON **The Yorkshire Auction House**
1.00 PM **Antiques Road Trip**
6.00 **Hotel Inspector: You're Fired** Alex Polizzi tackles two struggling hotels at the same time.
7.00 **The Hotel Inspector** Alex visits Westward Ho! in Folkestone, Kent. **8.00** Alex heads to Warwick Hall, Cumbria.
9.00 **The Repair Shop** Items include a logbook that belonged to a sailor who survived the *Titanic*. **10.00** A broken unicycle. **11.00** A coconut scraper.
12.00 M'T **Help! My House Is Haunted** Double bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Celebrity Fantasy Homes**

Challenge

145 139 48 142

7.00 AM **The Chase**
9.00 **Bruce's Price Is Right**
10.00 **Dale's Supermarket Sweep** Double bill.
11.00 **All Star Family Fortunes** Triple bill.
1.00 PM **Cash Trapped**
3.00 **Bullseye** Double bill.
4.00 **The Chase Celebrity Special** With Austin Healey, Joe Pasquale, Janet Street-Porter and Mark Durden-Smith. **5.00** With Keith Duffy, Mark Charnock, Rachel Riley and Edwina Currie.
6.00 **The Chase** Triple bill of the quiz show hosted by Bradley Walsh.
9.00 **The Family Chase** The Gandhis from London take part in the quiz.
10.00 **The Chase** Quiz show hosted by Bradley Walsh.
11.00 **Bullseye** Ten editions of the darts-based quiz.
4.00 AM **The Chase Celebrity Special**
5.00 **to 6.00** AM **The Chase**

GREAT! action

323 426 42

8.10 AM **The Lightning War**
9.30 **Battle Honours**
10.40 **FILM Hanover Street** War romantic drama. (1979, PG, 108min) ★★
1.00 PM **Wanted: Dead or Alive** Double bill.
2.00 **FILM Broken Lance** Western drama. (1954, U, 96min) ★★★★
4.20 **FILM The Big Trail** Western drama. (1930, b/w, U, 117min) ★★
6.55 **FILM A Farewell to Arms** Drama. (1932, b/w, PG, 78min) ★★★
9.00 **FILM Mosquito Squadron** War drama starring David McCallum. (1968, U, 90min) ★★
11.05 **FILM The Lost Battalion** War drama. (2001, 15, 92min) ★★
1.05 AM **FILM Earthfall** Sci-fi thriller with Pressly Coker. (2015, 12, 89min) ★★
3.00 **to 5.00** AM **Wild West Chronicles**

+1hour 324

GREAT! movies

321 425 34

10.10 AM **FILM Next Stop Murder** Suspense thriller. (2010, PG, 90min) ★★
12.10 PM **FILM Garage Sale Mysteries: The Novel Murders** Crime drama. (2016, PG, 84min) ★★
2.05 **FILM Garage Sale Mysteries: The Art of Murder** Crime drama. (2017, PG, 95min) ★★
4.00 **FILM Mighty Joe Young** Fantasy adventure. (1998, PG, 113min) ★★★
6.25 **FILM War for the Planet of the Apes** Adventure sequel. (2017, 12, 140min) ★★★★
9.00 **FILM Angels & Demons** Mystery thriller. (2009, 12, 138min) ★★
11.55 **FILM First Kill** Thriller. (2017, 15, 97min) ★★
2.05 AM **FILM A Focus to Kill** Thriler. (2018, 12) ★★
4.00 **to 6.00** AM **FILM My Stepfather's Secret** Thriller. (2019, 12) ★★

+1hour 322

GREAT! romance

319 424 52

8.00 AM **FILM The Birthday Wish** Romantic drama. (2017, PG, 84min) ★★
10.00 **FILM Love on Repeat** Comedy. (2019, PG) ★★
12.00 NOON **FILM Can't Buy My Love** Comedy. (2017, PG, 90min) ★★
2.05 PM **FILM Her Pen Pal** Drama. (2021, PG) ★★
4.00 **FILM Right in Front of Me** Romantic comedy. (2021, PG, 84min) ★★
6.05 **FILM Accidentally in Love** Romantic comedy. (2021, PG, 88min) ★★
8.00 **FILM It Was Always You** Romantic drama. (2021, PG, 86min) ★★
9.55 **FILM Love in the Sun** Drama. (2019, PG) ★★
11.50 **FILM Just for the Summer** Drama. (2020, PG, 90min) ★★
1.50 AM **Highway to Heaven**
3.00 **to 5.00** AM **FILM Flip That Romance** Drama. (2019, PG, 90min) ★★

+1hour 320 63

Rewind TV

182 95

6.00 AM **Flash Gordon's Trip to Mars**
6.25 **Roobarb**
6.30 **Huckleberry Finn and His Friends** (S1)
9.00 **Monkey** 26/26. (S1)
10.00 **Fantasy Island** (S1)
1.00 PM **From Here to Eternity** 2/3. (S1)
3.00 **Born Free** 2/13.
4.00 **Bubblegum & Cheese**
5.00 **Stereo Underground**
6.00 **The Prisoner** 16/17. (S1)
7.00 **The Charmer** 4/6. (S1)
8.00 **Bust** 4/6. (S2)
9.00 **Married... with Children** Triple bill of the sitcom, including at: **10.00** 9/13. Peggy gets a job she hates. (S1)
10.30 **Police Woman** *Flowers of Evil:* 8/22. An elderly woman is killed. (S1)
11.30 **From Here to Eternity**
1.30 AM **The Charmer** (S1)
2.30 **Fantasy Island** (S1)
4.30 **The Prisoner** 16/17. (S1)
5.30 **to 6.00** AM **That's My Dog**

DMAX

159 169 39 147

6.00 AM **Deadliest Catch**
10.00 **Aussie Gold Hunters**
1.00 PM **Aussie Gold Hunters: Mine SOS**
2.00 **Outback Opal Hunters**
7.00 **Extinct or Alive** Biologist Forrest Galante tries to prove the existence of animals thought to be gone for ever, beginning with the Formosan clouded leopard. **8.00** Forrest goes in search of the white wolf, which was declared extinct in 1930.
9.00 **The Face Doctors** After falling off a balcony, part of Alfie's skull is missing and his brain unprotected. **10.00** After a car crash broke several of her bones, Emily needs Vijay to rebuild her face.
11.00 **Body Bizarre** Triple bill.
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Baggage Battles**

+1hour 259 369 153

Food Network

140/141 190 43 148

6.00 AM **Giada Entertains**
11.00 **James Martin's United Cakes of America**
3.00 PM **Jamie's Great Britain** Six editions.
9.00 **Man v Food with Casey Webb** Casey is in Tucson, where he faces a cheese and chilli tamale pie. **9.30** Casey's culinary adventure brings him to Miami, Florida. **10.00** Casey's travels take him to Anchorage. **10.30** Casey's culinary expedition takes him to San Jose in California. **11.00** Casey heads to Mystic in Connecticut. **11.30** Casey's search for the ultimate bites continues in Santa Fe. **12.00** M'T Casey's culinary travels take him to New Hampshire. **12.30** AM An eight-burger slider challenge.
1.00 **to 3.00** AM **Cake Boss**

+1hour 240/241 154

Legend

148 149 41 137

7.00 AM **The Twilight Zone**
8.00 **FILM The Legend of Butch and Sundance** Western drama. (2004, PG, 87min) ★★
10.00 **T.J. Hooker** (S4)
3.00 PM **FILM Last of the Mohicans** Adventure. (1977, U, 97min) ★★
5.00 **FILM The Appaloosa** Western adventure. (1966, PG, 98min) ★★★
6.55 **FILM Ride in the Whirlwind** Western. (1966, PG, 83min) ★★
8.30 **The Twilight Zone** (S3)
9.00 **FILM 2 Guns** Action thriller starring Denzel Washington. (2013, 15, 104min) ★★★
11.10 **FILM Deadly Target** Action thriller starring Michael Jai White. (2015, 15, 87min) ★★
12.55 AM **FILM Sea of Love** Thriller. (1989, 18) ★★★
3.05 **to 5.00** AM **FILM Initiation** Horror thriller. (2020, 18, 96min) ★★

Legend Xtra

317 171 69 138

6.00 AM **FILM Battle Star Wars** Sci-fi drama. (2020, 12, 86min) ★
8.00 **Category 7: The End of the World**
12.00 NOON **FILM Coward of the County** Drama starring Kenny Rogers. (1981, PG, 104min) ★★
2.00 PM **FILM Independents' Day** Sci-fi adventure with Jacquelin Arroyo. (2016, 15, 91min) ★★
4.00 **Farscape** 18-22/22. (S2)
9.00 **FILM The Negotiator** Action thriller starring Samuel L Jackson and Kevin Spacey. (1998, 15, 140min) ★★★★
11.40 **FILM Money Plane** Action thriller starring Kelsey Grammer. (2020, 15, 82min) ★★
1.15 **to 3.00** AM **FILM Sniper: Special Ops** Thriller starring Steven Seagal and Tim Abell. (2016, 15, 82min) ★★

+1hour 318 371 139

Blaze

164 174 64 161

6.00 AM **Alien Files: Unsealed**
7.10 **The Proof Is Out There: Alien Edition**
10.10 **The Abduction of Calvin Parker**
1.00 PM **Craig Charles: UFO Conspiracies**
3.00 **Weird Britain: UFO Special** Documentary.
4.00 **Accidental Truth: UFO Revelations**
6.00 **Ancient Aliens**
8.00 **The Proof Is Out There: Alien Edition** Exploring bizarre UFO shapes.
9.00 **Extraordinary: The Revelations** The historical significance of an alien presence.
11.15 **The Abduction of Calvin Parker**
12.40 AM **Alien Disclosure Files** Documentary.
1.05 **UFO Town**
2.00 **Mission Unexplained**
3.00 **Craig Charles: UFO Conspiracies**
5.00 **to 6.00** AM **Alien Files: Unsealed**

5SELECT

153 138 46 133

9.00 AM **Secrets of the Royal Palaces**
11.00 **Althorp House: A Royal Residence**
12.00 NOON **Murder, She Wrote** Five episodes.
5.00 PM **World War II in Colour** Double bill.
7.00 **Nazi Megastructures** The construction of a railway through Burma. **8.00** The battle between US and Japanese forces to control Guadalcanal.
9.00 **Countdown to War** As peace ebbed away, the first British casualties were recorded.
10.00 **Buried Secrets of WWII** Examining the Allied advance into Rome.
11.00 **Hitler: Germany's Fatal Attraction**
12.00 M'T **Battle of Midway: The True Story**
1.00 AM **The Madame Blanc Mysteries** 1-3/7. (S2)
3.50 **to 4.00** AM **Entertainment News**

HGTV

158 191 44 149

7.00 AM **Man v Food**
11.00 **My Lottery Dream Home International**
12.30 PM **My Lottery Dream Home** Five editions.
3.00 **Derelict Rescue** Sean and Mary set out to transform a crumbling tower in Lincolnshire. **4.00** Lisa and Phil plan to transform a Methodist chapel. **5.00** After years living in London, Rob and Ashley return to the country. **6.00** David and Aga convert a run-down Methodist chapel into an upside-down home.
7.00 **Escape to the Country** Six editions of the series in which people look for their ideal rural retreats.
1.00 AM **Rock the Block** The teams renovate a main bedroom and bathroom.
2.00 **to 4.00** AM **The Flip Off**

+1hour 258/262 391

TLC

133/134 828 165

7.00 AM **Curvy Brides Boutique** Reality series.
8.00 **Say Yes to the Dress with Tan France**
10.00 **Outdaughtered: Busby Quints**
12.00 NOON **Extreme Couponing** Double bill.
1.00 PM **My 600lb Life**
5.00 **sMothered**
6.00 **Say Yes to the Dress: Atlanta** Double bill.
7.00 **Baylen Out Loud** After a tic attack, questions are raised about Baylen's ability to live alone.
8.00 **The Bad Skin Clinic** Jak has a mysterious skin condition on his leg.
9.00 **Dr Pimple Popper**
12.00 M'T **Extreme Couponing**
1.00 AM **Body Bizarre**
2.00 **Love Off the Grid**
3.00 **Sex Sent Me to the ER**
4.00 **I am Shauna Rae**
5.00 **to 6.00** AM **Curvy Brides Boutique**

+1hour 233/234 365

Comedy Central

112/113 812 132 345 360

8.00 AM **Michael McIntyre's Big Show** As 8.00pm.
9.00 **Whose Line Is It Anyway? USA**
10.00 **Friends** 7-10/18. (S10)
12.00 NOON **FILM The Angry Birds Movie** Animation. (2016, U, 97min) ★★★
1.45 PM **Friends** (S10&1)
8.00 **Michael McIntyre's Big Show** With Emeli Sandé, Joe Lycett and Ed Balls.
9.00 **FILM American Made** Fact-based comedy drama with Tom Cruise. (2017, 15, 115min) ★★★
11.10 **8 Out of 10 Cats**
12.10 AM **Jimmy Carr: Comedy Central Live**
12.40 **Jimmy Carr: Comedy Central Live 2**
1.10 **Teachers** (S3)
1.40 **FILM Stand Up Guys** Crime comedy drama. (2012, 15, 91min) ★★★
3.25 **South Park** (S5)
4.15 **to 5.00** AM **Guessable?**

+1hour 212/213 332

Comedy Cen. Extra

127/128 154

6.00 AM **Home Improvement**
7.00 **Teleshopping**
9.00 **Home Improvement**
12.00 NOON **Friends** (S1)
2.00 PM **Michael McIntyre's Big Show** With Ed Balls.
3.00 **Impractical Jokers**
5.00 **Whose Line Is It Anyway? USA**
8.00 **Friends** 1/24. First-ever episode. Chandler and Joey encourage Ross to enjoy bachelorhood. **8.30** 2/24. Carol tells Ross about her plans for their baby. (S1)
9.00 **Friends** 3-12/24. (S1)
2.00 AM **Impractical Jokers**
3.00 **Baddiel & Skinner Unplanned Live from London's West End**
3.45 **Frank Skinner Live at Birmingham Hippodrome** Stand-up.
4.30 **Al Murray: And a Glass of White Wine for the Lady** Stand-up show.
5.15 **to 6.00** AM **Home Improvement**

Sky Replay

152 156

7.00 AM **Highway Cops**
9.00 **Four Weddings**
11.00 **Nothing to Declare**
2.00 PM **MacGyver** Four episodes, including at: **5.00** *Abductions + Memory + Time + Fireworks + Dispersal:* 15/15. Angus and Riley wake up in a cornfield with no memory of how they got there. (S5)
6.00 **The Ark** *Everyone Wanted to Be on This Ship:* 1/12. After a disaster, the remaining crew of spaceship *Ark One* must secure humanity's future. (S1)
7.00 **Motorway Patrol** Ten editions of the documentary series.
12.00 M'T **The Russell Howard Hour**
1.00 AM **A League of Their Own Road Trip: Dingle to Dover**
3.00 **to 6.00** AM **Four Weddings**

MTV

126/127 824 134

6.00 AM **Daria** 5/13. (S3)
6.20 **16 and Pregnant**
7.10 **Teen Mom: The Next Chapter** Double bill.
9.00 **Dallas Cowboys Cheerleaders**
1.00 PM **Catfish: Catch of the Day** Reality series.
2.00 **Catfish: The TV Show**
4.00 **Catfish: Models**
5.00 **Catfish: The TV Show**
9.00 **Badass Brides** A look back at memorable moments from the series.
10.00 **FILM November Man** Spy thriller starring Pierce Brosnan and Luke Bracey. A retired CIA agent makes an enemy of his protégé when he protects a woman with evidence of a secret conspiracy. With Olga Kurylenko. (2014, 15, 108min) ★★★
12.00 M'T **Geordie Shore**
1.00 AM **Ink Master**
2.45 **Catfish: Scammed**
3.35 **to 4.00** AM **Teen Cribs**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 823 177 320 325

6.00 AM **How It's Made**
12.00 NOON **Deadliest Catch** Mother Nature blows back as Landon goes on a solo mission. **1.00** PM Sig and Keith take a risk fishing far from land. **3.00** A 30ft wave crushes a *Titan Explorer* deckhand, threatening Jake's captaincy. **4.00** Keith must retrieve a lost anchor in 50-knot winds. **5.00** Sig gets blown off course in extreme seas.
6.00 **Gold Rush** Rick confronts foreman Buzz, while Tony and Monica go on a treasure hunt.

12.00 Deadliest Catch

7.00 **Gold Divers** Shawn moves in on Vernon's spot on Claim 56 as the two miners chase the same paystreak.
8.00 **Harpoon Hunters** Joe and Tyler battle to capture tuna, while veteran Tyler struggles with both science and technology.
9.00 **Caught!** Clip show featuring animal invasions. **9.30** Caught-on-camera clip show featuring travelling mishaps.
10.00 **Expedition Files** Josh Gates uncovers new evidence and answers to history's most captivating mysteries.
11.00 **In Search of Monsters** Experts investigate a new theory surrounding Scotland's Loch Ness Monster.
12.00 M'T **Caught!** Double bill.
1.00 AM **Moonshiners: Master Distiller** Triple bill of editions.
4.00 **to 5.00** AM **How Do They Do It?**

+1hour 225/226 377

Animal Planet

162/175 178

8.00 AM **Tanked**
9.00 **Pit Bulls & Parolees**
10.00 **My Cat from Hell**
11.00 **Animal Cops Philadelphia**
12.00 NOON **Tanked**
1.00 PM **Pit Bulls & Parolees**
2.00 **How Sharks Hunt**
3.00 **Sharktacular 2016**
4.00 **My Cat from Hell**
5.00 **Animal Cops Philadelphia** Derek Schlitter seeks justice for a deceased puppy.
6.00 **Tanked** The team race to complete a 20ft tank for a Las Vegas amusement park.

9.00 Saba & the Rhino's Secret

7.00 **How Do Animals Do That?** Why moths are attracted to flames. **7.30** Why spiders don't get stuck in their webs.
8.00 **Monster Croc Invasion** An investigation into the increasing numbers of human deaths caused by crocodiles in Costa Rica.
9.00 **Saba and the Rhino's Secret** Wildlife expert Saba Douglas-Hamilton takes a trip to Namibia, home of the black rhino.
10.00 **Edge of Alaska** Neil Darish announces his plan to develop the motherlode into a mine tour to encourage tourists.
11.00 **Legends of the Wild** Kangaroos are mysteriously being mauled in Victoria. **12.00** M'T Investigating a creature mutilating livestock.
1.00 AM **Edge of Alaska**
2.00 **My Cat from Hell**
3.00 **Animal Cops Philadelphia**
4.00 **to 5.00** AM **Tanked**

+1hour 262/275 378

Nat Geographic

129/130 825 183

8.00 AM **Food Factory**
9.00 **Air Crash Investigation**
11.00 **Mutant Weather**
12.00 NOON **Car S.O.S** Double bill.
2.00 PM **Vikings: The Rise and Fall** The siege of Paris in 885. **3.00** The Vikings travel west. **4.00** Focusing on the final days of the Viking Empire.
5.00 **Apocalypse: The Fall of Hitler** In 1943, the Allies prepare to rid the world of the Nazi leader once and for all. **6.00** Hitler leads his country to its ruin from his bunker.

5.00 Apocalypse

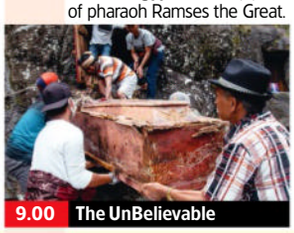
7.00 **Air Crash Investigation** Investigating the case of a commuter plane that crashed just seconds after take-off in 1985.
8.00 **Air Crash Investigation** Experts are baffled when the wreck of Thai Airways Flight 311 is found amid mountain peaks.
9.00 **Air Crash Investigation** Tenerife airport is flooded, which leads to two planes trying to leave the runway colliding at high speed.
10.00 **Britain's Underworld** The crime bosses who terrorised Manchester over five decades.
11.00 **World's Most Dangerous Drug: Super Meth**
12.00 M'T **Mysterious Islands**
1.00 AM **Paranatural**
2.00 **Made in a Day** Double bill.
2.55 **Food Factory USA**
3.45 **Bid & Destroy**
4.35 **to 5.00** AM **Prairie Dog Dynasty**

+1hour 229/230 383

Sky History

123/124 821 131 353 368

6.00 AM **Forged in Fire**
7.00 **Flipping Bangers**
9.00 **Tales from Oak Island**
10.00 **Pawn Stars** Triple bill.
1.00 PM **Auction Kings** Eight editions, including at: **4.00** Featuring a cape signed by Evel Knievel. **4.30** A selection of Clay Walker's personal items.
5.00 **Secrets in the Ice** Insights into prehistoric penguin evolution.
6.00 **Ramses the Great: King of Ancient Egypt** The early years of pharaoh Ramses the Great.


9.00 The UnBelievable

7.00 **Egypt's Unexplained Files** Science reveals new insights into belief and superstition in the land of the pharaohs.
8.00 **Egypt's Unexplained Files** The mysteries behind the ancient Egyptians' obsession with death and the afterlife.
9.00 **The UnBelievable with Dan Aykroyd** The actor examines the notion of using human bones as a 'miracle cure' for gout.
10.00 **The UnBelievable with Dan Aykroyd** The strangest experiments on record – from two-headed dogs to testicle transplants.
11.00 **Mysteries Unearthed with Danny Trejo** The presenter explores some of the world's most significant discoveries and the unexpected ways in which they were found.
12.00 M'T **Forged in Fire**
2.00 AM **Pawn Stars** Triple bill.
5.00 **to 6.00** AM **Auction Kings**

+1hour 223/224 331

U&Yesterday

155 846 129 27 159

6.10 AM **The World at War**
11.00 **Porridge** Triple bill.
1.00 PM **American Pickers**
4.00 **Building Cars: Secrets of the Assembly Line** James May, Kate Humble and Ant Anstead head to Mini Plant Oxford, one of Britain's biggest and busiest car factories. **5.00** James, Kate and Ant reveal what it takes to build thousands of cars a day. **6.00** James tests his skills on the assembly line, and Kate gets to the bottom of how manufacturers test car seats.

4.00 Building Cars

7.00 **Bangers & Cash** Derek meets the owner and builder of a sporty vintage Jaguar 'special' – a Jaguar Viking.
8.00 **Bangers & Cash** Derek is back in Luton to meet an old schoolmate who is saying goodbye to his 1912 De Dion Bouton.
9.00 **Bangers & Cash** Jack heads to West Yorkshire to try and extract a 1987 Peugeot 205 GTI from a garage in a narrow lane.
10.00 **'Allo 'Allo!** Michelle plans for Rene to go to England. **10.40** Herr Flick captures Yvette and Mimi in order to gain access to the cafe.
11.20 **'Allo 'Allo!** The general, the colonel and Gruber play a round of golf, during which they discuss the plot to blow up Hitler.
12.00 M'T **Bangers & Cash** Derek collects a Triumph TR8.
1.00 **to 3.00** AM **Make It at Market**

+1hour 255 329

Saturday

7 PM 8 PM 9 PM 10 PM

Quest

144 834 137 12 150 144

6.00 AM **World's Greatest Motorcycle Rides**
8.00 **Wheeler Dealers**
9.00 **Ultimate Cycling Show**
10.00 **Wheeler Dealers**
3.00 PM **Shed and Buried**
6.00 **Richard Hammond's Workshop** Richard opens a classic car restoration workshop.
7.00 **MotoGP Highlights**
8.00 **Richard Hammond's Workshop** Richard gambles his own money on a 1970 Mark II Jensen Interceptor.
9.00 **Vinnie Jones in the Country** Vinnie plans an ambitious build ahead of his grandchild's visit.
10.00 **Meet the Rees-Moggs**
11.00 **Outback Opal Hunters**
12.00 M'T **Outback Truckers**
1.00 AM **Legend of Croc Gold** Double bill.
3.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151

Quest Red

149 168 40 146

6.00 AM **Say Yes... UK**
7.00 **Say Yes... Lancashire**
8.00 **Say Yes... Atlanta**
9.00 **Say Yes to the Dress**
12.00 NOON **Forensic Detectives** Triple bill.
3.00 PM **True Crime with Aphrodite Jones**
9.00 **A Killer's Mistake** New edition Savannah Paschal's husband makes a deadly decision when she tries to leave.
10.00 **Murder Under the Friday Night Lights** New editions A male cheerleader goes missing the day before the state championship. **11.00** A high-school football coach in St. Louis, Missouri is shot.
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** Documentary.
3.00 **to 4.00** AM **FBI Files**

+1hour 249 152

True Crime

146 148 67 135

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
6.05 **Citizen Detective**
7.00 **Bloodline Detectives** A woman is kidnapped and raped at knifepoint.
8.00 **Murder She Solved** A young surfer's remains are discovered in an apartment fire.
9.00 **Snapped: Killer Couples** The wife of an army medic is found dead. **10.00** A young couple are the prime suspects in two grisly murders.
11.00 **Real Detective** A missing person case turns suspicious. **12.00** M'T The prime suspect in a murder case is a killer who was put behind bars years earlier.
1.00 AM **Wrongly Accused**
3.00 **Donal MacIntyre's Murder Files**
4.00 **to 6.00** AM **Judge Judy**

+1hour 246 348 136

True Crime Xtra

147 172 68 134

9.00 AM **48 Hours**
12.55 PM **A Stranger in My Home** Documentary.
2.00 **Medical Detectives** The disappearance of a young woman. **2.30** A look into the murder of a TV producer. **3.00** The sudden death of a rich woman. **3.30** A woman is thought to have shot herself in the head. **4.00** The hunt for an old woman's murderer. **4.30** A woman dies after appearing to suffer side-effects from prescribed drugs.
5.00 **Evidence of Evil** The 2000 murder of Rachel Manning.
6.00 **Judge Judy** Real-life small-claims cases.
12.15 AM **Judge Judy**
2.00 **Teens Who Kill**
4.00 **Citizen Detective**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 820 121 349 364

6.00 AM **Road Wars**
8.00 **Highway Patrol**
9.00 **Brit Cops: Law & Disorder** Documentary.
10.00 **Stop, Search, Seize**
11.00 **Britain's Most Evil Killers**
12.00 NOON **Killer in My...**
1.00 PM **How I Caught the Killer** Susan Eyre.
2.00 **The Killer Within**
3.00 **Murders That Shocked the Nation** Double bill.
5.00 **The Real Manhunter**
6.00 **Killer in My Village**
7.00 **Britain's Most Evil Killers**
8.00 **Forensics: Catching the Killer** True-crime.
9.00 **How I Caught the Killer**
10.00 **Murder Next Door**
11.00 **I'll Be Gone in the Dark**
12.10 AM **Mark of a Serial Killer** Documentary.
1.05 **An Unexpected Killer**
3.00 **Twisted Killers**
4.00 **Stop, Search, Seize**
5.00 **to 6.00** AM **Motorway Patrol**

+1hour 222/223 321

PBS America

173 187 84 155

8.00 AM **In the Cold Dark Night** As 10.05pm.
10.00 **The Great Escape: The True Story** Triple bill.
1.00 PM **Pan Am: Crossing the Pacific** Triple bill.
4.35 **Fly with Me** Double bill.
7.00 **The Great Escape: The True Story** 1/3. Examining the events that inspired the 1963 film *The Great Escape*. **8.00** 2/3. Roger Bushell and the X Committee are left devastated when their tunnel is destroyed. **9.00** 3/3. Seventy-six men successfully manage to escape the Stalag Luft III camp.
10.05 **In the Cold Dark Night** Examining the 1983 and 2018 investigations into the murder of Timothy Coggins.
12.00 M'T **Women Under Hitler's Flag**
1.10 **to 2.00** AM **Grand Tours of Scotland**

SKY HD SD VIRGIN HD FREEVIEW HD FREESAT HD EE HD

Sky Documentaries

121/122 819 188 352 367

6.00 AM **Discovering: Whoopi Goldberg**
7.00 **Discovering: Jodie Foster**
8.00 **The Directors**
9.00 **Eyes on the Prize III**
10.00 **The Rookies**
11.00 **McLaren**
12.50 PM **My Icon: Anthony Joshua**
1.00 **Ferrari: Race to Immortality**
2.50 **My Icon: Linford Christie**
3.00 **Williams & Mansell: Red 5**
4.45 **My Icon: Martin Offiah**
5.00 **Jackie Stewart**
7.00 **Natalie Wood: What Remains Behind** A unique insight into the movie star's life, from her daughter's perspective.
9.00 FILM **Going Clear: Scientology and the Prison of Belief** Documentary. (2015, 15, 120min) ★★★★
11.30 **Manhunt: The Search for Bin Laden** Documentary.
1.30 AM **Chernobyl: My Promised Land** Documentary.
2.00 NEW **Michael Flatley: Billion Dollar Dancer** A look at the dancer's life and career.
4.00 **to 6.00** AM **Music Box**

Sky Nature

124/125 822 189 354 369

6.00 AM **Ol Pejeta Diaries**
8.00 **Surviving the Amazon**
10.00 **Deep Dive Australia**
1.00 PM **Cub Camp**
2.00 **Chasing the Rains**
5.00 **Deep in the Heart**
6.00 **David Attenborough's Dragons and Damsels**
7.00 **Attenborough's Journey** The making of David Attenborough's series *First Life*.
8.00 **Africa's Hunters** A lioness goes in search of a lost cub.
9.00 **Age of the Big Cats** Documentary exploring how lions conquered the world and the tiger became the undisputed king of the jungle.
10.00 **Deadly Australians** The country's toxic, venomous and dangerous creatures.
11.00 Footage of the unexpected clashes between predators and their prey.
12.00 M'T **Africa's Hunters**
1.00 AM **Age of the Big Cats**
2.00 **Deep in the Heart**
3.00 **Super Shark Highway**
4.00 **to 6.00** AM **Planet Shark**

Sky History 2

163/168 840 186

6.00 AM **Ancient Aliens**
9.00 **Combat Ships**
10.00 **Combat Trains**
11.00 **Combat Machines**
12.00 NOON **Ancient Aliens**
2.00 PM **What on Earth?**
3.00 **How the Nazis Lost the War**
5.00 **Life After People**
6.00 **Ancient Aliens**
7.00 **Digging for Britain** An insight into the Viking Age.
8.00 Exploring life during the Bronze and Iron ages.
9.00 **Ross Kemp: Mafia and Britain** Ross learns how prevalent cocaine is in Colombia.
10.00 **Secrets of the Hells Angels** A look at Sonny Barger, commander of the world's most infamous biker gang.
11.00 Methamphetamine dealer and Minnesota Hells Angels president Pat Matter.
12.00 M'T **Ancient Aliens**
2.00 AM **Ross Kemp: Mafia and Britain** As shown at 9.00pm.
3.00 **Secrets of the Hells Angels**
5.00 **to 6.00** AM **Evidence of the Unexplained**

Crime+Investigation

156 837 133

6.00 AM **On the Case with Paula Zahn** Triple bill of editions.
9.00 **Court Cam** Four editions.
11.00 **My Strange Arrest**
12.00 NOON **Killer in Plain Sight**
1.00 PM **#Textmewhenyougethome**
3.00 **Witness to Murder: Digital Evidence** Double bill.
5.00 **Cold Case Files: DNA Speaks**
7.00 **The Real Murders of Atlanta**
8.00 **A Perfect Scam** How con artists manipulate their victims.
9.00 **Murder Detective** Focusing on the case of George Napier.
10.00 **Cops Gone Bad with Will Mellor** How former police officer Valerie Cincinelli hired a man to kill her husband.
11.00 **West End Murders**
12.00 M'T **Britain's Darkest Taboos**
2.00 AM NEW SERIES **Gypsy Rose: Life After Lock Up** Double bill. Cameras follow Gypsy Rose Blanchard as she tries to navigate life outside of prison.
4.00 **to 6.00** AM **On the Case with Paula Zahn**

+1hour 256 333

WILD

165 841 182

8.00 AM **Fish Tank Kings**
9.00 **Secrets of the Zoo: Tampa**
11.00 **The Incredible Dr Pol**
12.00 NOON **Yukon Vet**
2.00 PM **Africa's Hidden Wonders**
3.00 **Ice Road Rescue**
5.00 **Snakes in the City**
7.00 **Savage Kingdom** The Matahta and Western Prides continue their battle for supremacy.
8.00 **The Incredible Dr Pol** New editions The vets see a dog that took a fall and broke a leg, a goose that survived an attack, and a group of show bunnies.
9.00 When first-time pet parents flood the clinic, the vets do their best to treat the aliments.
10.00 **Alaska's Grizzly Gauntlet** Documentary following black bears as they prepare for the coming winter during salmon spawning season.
11.00 **Snakes in the City**
12.00 M'T **Alaska: The Next Generation** Double bill.
2.00 AM **Secrets of the Zoo**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 181

7.00 AM **Shed and Buried**
9.00 **Combat Dealers**
12.00 NOON **Shed and Buried**
3.00 PM **Salvage Hunters: Classic Cars** Triple bill of editions.
6.00 **Chris Barrie's Massive Machines** The history and development of the crane.
6.30 The actor learns how to keep a helicopter hovering.
7.00 Investigating the lifting power of cargo planes.
7.30 Examining the engineering behind farming machines.
8.00 The evolution of amphibious transport.
8.30 The actor shows the capabilities of electric trains.
9.00 **Disasters at Sea** The 2017 disappearance of a crabbing vessel in the Bering Sea.
10.00 How a ferry capsized in the English Channel in 1987.
11.00 On the River Clyde, a bulk carrier is assisted by a tugboat.
12.00 M'T **Incredible Engineering Blunders: Fixed** Double bill.
2.00 **to 5.00** AM **Combat Dealers**

+1hour 274 381

U&Eden

166 176 57 160

9.00 AM **Expedition with Steve Backshall** Four editions.
1.00 PM **Expedition with Steve Backshall** Four editions.
5.00 **The Bill** *University Challenge:* A supposedly reformed villain is suspected of being involved in a supermarket raid.
5.30 *Growing Pains:* PC Garfield interrogates a suspect only to discover he is a juvenile.
6.00 *One of the Boys:* WPC Martella joins CID.
6.30 *Beggars and Choosers:* The amount of homeless are increasing on Sun Hill's streets.
7.00 **Top of the Pops** Triple bill featuring classic chart-toppers.
9.00 **The Brokenwood Mysteries** *Scared to Death:* 1/4. The boss of an agricultural show dies after a ride on the Ghost Train. (S5)
11.00 **The Bill** Four episodes.
1.05 AM **Top of the Pops**
3.00 **The Brokenwood Mysteries**
4.35 **Expedition with Steve Backshall** Documentary.
5.25 **to 6.00** AM **The Bill**

+1hour 266 376

ID

154 166

8.00 AM **Evil Stepmothers**
10.00 **The Lies That Bind**
12.00 NOON **American Detective with Lt Joe Kenda**
2.00 PM **Evil Lives Here**
4.00 **The Big Swindle**
6.00 **The Killer Beside Me** The rape and murder of Alice Hufnagle.
7.00 Focusing on the murder of Sandy Berfield.
8.00 **People Magazine Investigates** The mystery of a 2003 shooting of four family members.
9.00 **Dead Silent** A gunfire attack on two campers in Virginia.
10.00 **Born Evil: The Serial Killer & the Saviour** The Clark family's history of brutality and childhood abuse comes to light.
11.00 **Murder in the Heartland** A father goes missing from the small town of Challis, Idaho.
12.00 M'T **The Curious Case of Natalia Grace** Double bill.
2.00 AM **The 1980s: The Deadliest Decade** Double bill of editions.
4.00 **to 6.00** AM **Faking It: Tears of a Crime**

+1hour 254 366

Discovery Turbo

161/172 180

6.00 AM **Vintage Voltage**
9.00 **How Do They Do It?**
11.00 **G.A.S. Extreme Customs**
12.00 NOON **Motor Pickers**
5.00 PM **Kindig Customs** Triple bill of editions, including at:
7.00 The whole team agree that the body mods are just right.
8.00 **Three Men Four Wheels** Racing driver Marino Franchitti adores the Ferrari F40.
8.30 Drew Pritchard selects the Stovebolt Special.
9.00 Marino Franchitti admires the iconic Lotus 72.
9.30 Broadcaster Andy Jaye champions the Mini Cooper S.
10.00 An Aston Martin Ulster.
10.30 The Porsche 911 ST.
11.00 Marino Franchitti enjoys a ride in a Subaru Impreza.
11.30 The Bugatti T35.
12.00 M'T Andy Jaye champions the Jaguar XJ220.
12.30 AM Drew Pritchard selects a 520bhp Hot Rod.
1.00 **Richard Hammond's Big**
2.00 **to 5.00** AM **Texas Metal**

+1hour 261/272

Films

Sky Cinema Premiere

301 401 501 515

6.15 AM **Blood for Dust** Thriller. (2023, 15, 98min) ★★★
8.05 **The Good Half** Drama. (2023, 15, 96min) ★★★
9.55 **Fight or Flight** As 6.15pm.
11.50 **Horizon: An American Saga – Chapter 1** As 8.00pm.
3.00 PM **Harold and the Purple Crayon** Family adventure. (2024, PG, 87min) ★★★
4.35 PREMIERE **AfrAId** As 11.10pm.
6.15 **Fight or Flight** Action thriller. (2025, 15, 98min) ★★★

11.10 AfrAId

8.00 **Horizon: An American Saga – Chapter 1** Western starring Kevin Costner, who also co-wrote and directed, with Sienna Miller and Sam Worthington and Jena Malone. A seasoned cowboy goes on the run with a prostitute and a young boy after killing a fellow gunman. (2024, 15, 181min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.10 PREMIERE **AfrAId** Sci-fi horror thriller starring John Cho and Katherine Waterston. A family are selected to test a new AI home assistant, which resorts to terrifying methods to keep them safe. (2024, 15, 84min) ★★
12.50 AM **Fight or Flight** As 6.15pm.
2.45 **Thelma** Comedy starring June Squibb and Fred Hechinger. (2024, 12, 98min) ★★★★
4.40 **to 6.30** AM **The Watched** Horror with Dakota Fanning. (2024, 15, 102min) ★★

Sky Cinema Hits

303 403 503 517

6.15 AM **Sky Cinema Preview**
6.55 **There's Something in the Barn** As shown at 3.55am.
8.45 **The Legend of Tarzan** (2016)
10.45 **Ready Player One** Adventure. (2018, 12, 140min) ★★★★
1.15 PM **Dune: Part Two** Denis Villeneuve's sci-fi drama. (2024, 12, 166min) ★★★★★
4.05 **IF** Fantasy. (2024, U) ★★★
5.50 **Ghostbusters: Frozen Empire** Comedy adventure. (2023, 12, 115min) ★★★

5.50 Ghostbusters: Frozen...

8.00 **Godzilla x Kong: The New Empire** Fantasy adventure with Rebecca Hall, Dan Stevens and Brian Tyree Henry. Two ancient monsters clash in an epic battle against an undiscovered threat hidden within the Earth. (2023, 12, 115min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **The Legend of Tarzan** Action adventure starring Alexander Skarsgård and Samuel L Jackson. Years after leaving his old home behind, Tarzan is lured back to Africa. (2016, 12, 110min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **Monkey Man** Action. (2024, 18, 121min) ★★★★
2.10 AM **Ruthless** Action thriller. (2023, 15, 92min) ★★★
3.55 **There's Something in the Barn** Festive comedy horror. (2023, 15, 100min) ★★
5.45 **to 6.00** AM **The Cinema List: Biopic**

Sky Cinema Drama

310 410 510 524

7.20 AM **The Color Purple** (2023)
9.55 **Ferrari** Fact-based drama. (2023, 15, 130min) ★★★
12.20 PM **8 Mile** Urban drama. (2002, 15, 112min) ★★★
2.25 **Bob Marley: One Love** Biopic. (2023, 12, 104min) ★★★
4.25 **Sundown** Drama starring Tim Roth. (2021, 15, 82min) ★★★★
6.00 **Save the Cinema** Fact-based drama. (2021, 12, 109min) ★★★

8.00 **Dunkirk** Christopher Nolan's wartime drama starring Kenneth Branagh, Tom Hardy, Mark Rylance and Fionn Whitehead. Allied soldiers surrounded by the German army wait for evacuation during World War Two. (2017, 12, 106min) ★★★★★
9.50 **The Color Purple** Musical drama starring Taraji P Henson and Fantasia Barrino. Torn apart from her family, a woman finds strength in new friendships. (2023, 12, 141min) ★★★

12.20 AM **The Young Messiah** Biblical drama with Adam Greaves-Neal. (2016, 12, 111min) ★★
2.15 **Carmen & Lola** Drama with Rosy Rodríguez and Zaira Romero. (2018, 18, 120min) ★★★
4.10 **to 6.00** AM **What If** Drama. (2013, 15, 98min) ★★★★

Sky Cinema Sci-fi/Horror

311 411 511 525

7.10 AM **Resident Evil: Apocalypse** Thriller. (2004, 15, 94min) ★★★
8.50 **Star Trek: Insurrection** Sci-fi. (1998, PG, 105min) ★★★
10.40 **The Adjustment Bureau** Sci-fi thriller. (2011, 12, 105min) ★★★★
12.35 PM **I Am Legend** Sci-fi thriller. (2007, 15, 101min) ★★★★
2.25 **War of the Worlds** Steven Spielberg's sci-fi adventure. (2005, 12, 116min) ★★★★

4.25 **Star Trek: Nemesis** Adventure. (2002, 12, 116min) ★★★
6.25 **Paranormal Activity: The Ghost Dimension** Horror sequel. (2015, 15, 88min) ★
8.00 **World War Z** Apocalyptic action thriller starring Brad Pitt. A UN investigator tries to stop the fast-spreading zombie virus that is overwhelming the world. (2013, 15, 116min) ★★★★
10.10 **Edge of Tomorrow** Sci-fi adventure starring Tom Cruise. (2014, 12, 113min) ★★★★

12.15 AM **Resident Evil: Extinction** Thriller. (2007, 15, 90min) ★★
2.00 **Resident Evil: Apocalypse**
3.45 **I Saw the TV Glow** Horror. (2024, 15, 100min) ★★★
5.35 **to 7.25** AM **Resident Evil: Vendetta** Animated sci-fi horror. (2017, 15, 97min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 406 506 520

7.25 AM **Journey to the Center of the Earth** (2008, PG) ★★
9.05 **Journey 2: The Mysterious Island** (2012, PG) ★★★
10.50 **Angus, Thongs and Perfect Snogging** (2008, 12) ★★★★
12.40 PM **The Witches** As 8.15pm.
2.20 **Goosebumps 2: Haunted Halloween** (2018, PG) ★★
4.00 **Hook** Fantasy adventure. (1991, U, 140min) ★★★
6.25 **Matilda** Fantasy drama. (1996, PG, 98min) ★★★★

8.15 The Witches

8.15 **The Witches** Fantasy adventure based on Roald Dahl's story about a coven of witches plotting to turn the children of England into mice. Stars Anjelica Huston, Jasen Fisher and Mai Zetterling. (1989, PG, 90min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.55 **The Addams Family** Black comedy starring Anjelica Huston and Raul Julia. The ghoulish family encounter an imposter claiming to be their long-lost uncle. (1991, PG, 95min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **Reuniting the Rubins** Comedy. (2010, PG, 98min) ★
1.25 AM **The Horse Dancer** Drama. (2017, PG, 114min) ★★★
3.25 **The Adventures of Sharkboy and Lavagirl in 3-D** Fantasy. (2005, U, 98min) ★★
5.05 **to 6.40** AM **Daddy Day Camp** Family comedy sequel. (2007, PG, 88min) ★★

Sky Cinema Action

307 407 507 521

6.00 AM **The Locksmith** As 1.55am.
7.45 **Rampage** Fantasy adventure. (2018, 12, 107min) ★★★
9.35 **Godzilla** Monster thriller. (2014, 12, 118min) ★★★
11.40 **John Wick** Action thriller. (2014, 15, 101min) ★★★★
1.25 PM **John Wick: Chapter 2** Thriller. (2017, 15) ★★★★
3.30 **The Fall Guy** Action comedy. (2023, 12, 126min) ★★★★
5.45 **Bad Boys for Life** Comedy thriller. (2020, 15) ★★★

10.00 Terminator Salvation

8.00 **Bad Boys: Ride or Die** Action comedy adventure sequel starring Will Smith and Martin Lawrence. Miami cops Mike Lowrey and Marcus Burnett go on the run to clear their late captain's name. With Vanessa Hudgens. (2024, 15, 115min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Terminator Salvation** Sci-fi action thriller sequel starring Christian Bale and Sam Worthington. In 2018, resistance hero John Connor leads the fight back against the killer robots. (2009, 12, 110min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **Bloodshot** Sci-fi thriller. (2020, 12, 109min) ★★
1.55 AM **The Locksmith** Mystery. (2022, 15, 88min) ★★★
3.35 **Knights of the Zodiac** Fantasy. (2023, 12, 112min) ★★
5.30 **to 7.15** AM **Hero** Adventure. (2002, 12, 99min) ★★★★

Sky Cinema Comedy

308 408 508 522

7.05 AM **Wimbledon** Comedy. (2004, 12, 98min) ★★★
8.50 **It's Complicated** Comedy. (2009, 15, 115min) ★★★★
10.55 **The Cable Guy** Black comedy. (1996, 12, 96min) ★★★★
12.40 PM **Pixels** (2015, 12) ★★
2.35 **I Now Pronounce You Chuck & Larry** Comedy. (2007, 12) ★
4.35 **Bad Neighbours** Comedy. (2014, 15, 93min) ★★★
6.20 **Bad Neighbours 2** Comedy sequel. (2016, 15, 90min) ★★

6.20 Bad Neighbours 2

8.00 **Miss Congeniality** Comedy starring Sandra Bullock as a tomboyish FBI agent who receives a radical make-over in order to go undercover at a beauty contest. With Michael Caine (2000, 12, 109min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.55 **Miss Congeniality 2: Armed and Fabulous** Comedy sequel starring Sandra Bullock. An FBI agent becomes a media star, until the kidnapping of her friend reawakens her crime-fighting instincts. (2005, 12, 113min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 **Fear and Loathing in Las Vegas** Surreal comedy. (1998, 18, 119min) ★★★★
2.00 AM **The American Society of Magical Negroes** Fantasy. (2024, 12, 104min) ★★★★
3.50 **The Persian Version** Comedy. (2023, 15, 107min) ★★★
5.40 **to 7.30** AM **Pixels** As 12.40pm.

Sky Cinema Thriller

309 409 509 523

6.20 AM **Contraband** As 12.25am.
8.25 **The Bourne Identity** Thriller. (2002, 12, 119min) ★★★★★
10.30 **Munich** Political thriller. (2005, 15, 164min) ★★★★
1.25 PM **The Equalizer 3** Action thriller sequel. (2023, 15, 109min) ★★★
3.25 **The Bourne Supremacy** Spy action thriller sequel. (2004, 12, 108min) ★★★★
5.25 **Inception** Sci-fi thriller. (2010, 12, 148min) ★★★★★

10.25 Oldboy

8.00 **Miami Vice** Crime thriller based on the 1980s TV cop series, starring Colin Farrell and Jamie Foxx. A pair of undercover cops infiltrate a ruthless drug smuggling cartel in order to catch the killers of two federal agents. With Gong Li and Naomie Harris. (2006, 15, 133min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.25 **Oldboy** Thriller remake starring Josh Brolin. A man released after being held captive in a private prison for 20 years tries to solve the mystery of his incarceration. (2013, 18, 104min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.25 AM **Contraband** Thriller. (2012, 15, 105min) ★★★
2.25 **Split** M Night Shyamalan's thriller. (2016, 15, 117min) ★★★
4.35 **to 6.25** AM **Breakdown** Thriller. (1997, 15) ★★★★

Film4

313 855 428 14 300

■ **Films start at 11.00am**
11.00 AM **Dragonball Evolution** Fantasy. (2009, PG) ★★
12.40 PM **Monster House** Animation. (2006, PG, 91min) ★★★★
2.30 **Shrek Forever After** Animated sequel. (2010, U) ★★★★
4.20 **Deep Impact** Disaster movie. (1998, 12, 123min) ★★★★
6.40 **Indiana Jones and the Kingdom of the Crystal Skull** Steven Spielberg's adventure. (2008, 12, 122min) ★★★

11.10 Bone Tomahawk

8 PM **Indiana Jones and the Kingdom of the Crystal Skull** (film started at 6.40pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM **9.00** **Predator** Sci-fi action fantasy starring Arnold Schwarzenegger as the leader of a commando team battling a ferocious alien in the South American jungle. With Carl Weathers. (1987, 15, 107min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10 PM

11 PM **11.10** **Bone Tomahawk** Western horror starring Kurt Russell and Patrick Wilson. An elderly sheriff and his posse set out to rescue townsfolk abducted by cannibalistic cave-dwellers. (2015, 18, 132min) ★★★★
1.50 **to 4.00** AM **Sleepy Hollow** Tim Burton's comic horror fantasy starring Johnny Depp. (1999, 15, 105min) ★★★★

+1 hour 314 430 47 301

Sky Cinema Originals

302 402 502 516

7.15 AM **The Night Before Christmas in Wonderland** Animation. (2024, U) ★★★★
8.45 **Paws of Fury: The Legend of Hank** Animated family comedy. (2022, PG, 98min) ★★★
10.30 **The Amazing Maurice** Animation. (2022, PG) ★★★★
12.15 PM **The Portable Door** Fantasy. (2023, PG, 130min) ★★★
2.20 **Blacklight** Thriller. (2022, 15) ★
4.10 **The Beekeeper** Action thriller. (2023, 15, 105min) ★★★
6.05 **Final Score** Action drama starring Dave Bautista. (2018, 15, 104min) ★★★
8.00 **Fight or Flight** Action thriller, starring Josh Hartnett. A mercenary is assigned a target on a flight, but when rival assassins board the plane, the hunter and the hunted team up. (2025, 15, 98min) ★★★
10.00 **Retribution** Thriller with Liam Neeson. (2023, 12, 91min) ★★
11.35 **Black Site** Thriller starring Jai Courtney. (2022, 15, 93min) ★★
1.05 AM **The Dry** Crime drama. (2020, 15, 117min) ★★★★
3.05 **Force of Nature: The Dry 2** Thriller. (2024, 15, 120min) ★★★
5.00 **to 7.30** AM **The Glorias** Biopic. (2020, 12, 139min) ★★★

Sky Cinema Classics

304 404 504 518

6.55 AM **Planes, Trains and Automobiles** As 2.05am.
8.35 **Parenthood** As 3.50am.
10.45 **Beverly Hills Cop** Comedy. (1984, 15, 105min) ★★★★
12.35 PM **Beverly Hills Cop II** Comedy. (1987, 15, 99min) ★★★
2.20 **Beverly Hills Cop 3** Comedy sequel. (1994, 15, 104min) ★★
4.05 **Days of Thunder** High-speed drama. (1990, 15, 107min) ★★★
6.00 **Back to the Future** Time-travel comedy fantasy starring Michael J Fox. A teenager is accidentally sent back in time to the year 1955 and must ensure that his future parents fall in love. (1985, PG, 115min) ★★★★★
8.00 **Back to the Future Part II** Time-travel comedy adventure sequel starring Michael J Fox. (1989, PG, 107min) ★★★
10.00 **Back to the Future Part III** Time-travel comedy sequel. (1990, PG, 112min) ★★★★
12.05 AM **Days of Thunder** (1990)
2.05 **Planes, Trains and Automobiles** Comedy. (1987, 15, 92min) ★★★★★
3.50 **Parenthood** Comedy drama. (1989, 15, 124min) ★★★★
5.55 **to 7.45** AM **Burning an Illusion** Drama. (1981, 15, 103min) ★★★

Sky Cinema Animation

305 412 500 514

6.45 AM **Lego DC Comics Super Heroes: Justice League vs Bizarro League** Animation. (2015, U, 49min) ★★★
7.45 **The Pirates! In an Adventure with Scientists** Stop-motion comedy. (2012, U, 87min) ★★★★
9.20 **Surf's Up** Animated comedy. (2007, PG, 85min) ★★★★
10.55 **The Boss Baby** Animated comedy. (2017, U, 97min) ★★★
12.40 PM **Ruby Gillman, Teenage Kraken** Animated fantasy. (2023, PG, 93min) ★★★
2.20 **Kung Fu Panda 4** Animated sequel. (2023, PG, 94min) ★★★
4.00 **Home** Animation. (2014, U) ★★★
5.50 **Trolls** Animated adventure. (2016, U, 92min) ★★★
7.40 **The Prince of Egypt** Animation. (1998, U, 99min) ★★★★
9.35 **Curious George** Animation. (2006, U, 87min) ★★★★
11.20 **Tom and Jerry: A Nutcracker Tale** Animation. (2007, U) ★★★
12.20 AM **Lego DC: Justice League vs Bizarro League** As 6.45am.
1.20 **Teen Titans Go! to the Movies** Animatione. (2018, PG) ★★★
3.00 **Spirit: Stallion of the Cimarron** Animation. (2002, U) ★★★
4.40 **to 6.05** AM **Tom and Jerry Cowboy Up!** (2021, U) ★★★

Movies 24

312 419

7.00 AM **Romantic Rewrite** Comedy. (2022, PG, 82min) ★★
9.00 **Planning for Joy** Romantic comedy. (2022, PG, 86min) ★★
11.00 **Luckless in Love** Romantic comedy. (2023, PG, 86min) ★★
1.00 PM **Romance with a Twist** Drama. (2024, PG, 84min) ★★
3.00 **Stepping into Love** Romantic drama starring Jenna Michno. (2023, PG, 82min) ★★
5.00 **North to Home** Drama starring Lyndsy Fonseca and Kimberley Sustad. (2022, PG, 84min) ★★
7.00 **A Paris Proposal** Romantic comedy drama starring Alexa PenaVega and Nicholas Bishop. (2023, PG, 84min) ★★
9.00 **Autumn at Apple Hill** Romantic comedy starring Erin Cahill and Wes Brown. A woman inherits her grandparents' inn, and becomes suspicious when a hotel executive checks in. (2024, PG, 84min) ★★
11.00 **A Safari Romance** Romantic comedy. (2023, PG, 84min) ★★
1.00 AM **Love in the Limelight** Comedy. (2022, PG, 84min) ★★
3.00 **to 5.00** AM **The Professional Bridesmaid** (2023, PG) ★★

Movies 24+ 315 420

Talking Pictures

328 445 82 306

6.00 AM **Murder at the Windmill** Thriller. (1949, b/w, PG, 70min) ★
7.20 **Song of London**
7.55 **Black Saddle** 18/24. (S2)
8.25 **Space Patrol** 1/39. (S1)
9.00 **Batman** 8/60. (S2)
9.30 **Richard the Lionheart** (S1)
10.00 **Phantom Creeps** 2/12. (S1)
10.25 **Bungala Boys** Family drama. (1961, PG, 58min) ★★★
11.30 **The Adventures of Robin Hood**
12.00 NOON **Destination Space**
1.05 PM **A Lifetime Ago with The Baim Collection**
1.35 **One Step Beyond** 3/22. (S1)
2.10 **Dick Barton: Special Agent**
2.25 **Fireball XL5** 17/39. (S1)
3.00 **Captain Scarlet and the Mysterons** 10/32. (S1)
3.35 **A Piece of Cake** Comedy. (1948, b/w, U, 46min) ★★★
4.35 **The One That Got Away** Drama. (1957, b/w, U) ★★★
6.50 **Look at Life** Documentary.
7.00 **Z Cars** 1/13. (S11)
8.00 **A Family at War** 4/13. (S1)
9.05 **The Thirty Nine Steps** Thriller. (1978, PG, 102min) ★★★
11.10 **The Challenge** (1960) ★★★
1.00 AM **Not Tonight, Darling** (1971)
2.45 **White Cargo** (1973, 15) ★★
4.15 **Bullet Scars** (1942, PG) ★★★
5.30 **to 6.00** AM **Out of Town**

SATURDAY Sport

15 March

Sky Sports Main Event

401 511 501 419 439

- 7.00 AM **Ted's Notebook**
- 7.30 **Formula 1** Australian Grand Prix.
- 9.30 **Good Morning Sports Fans**
- 10.00 **Soccer Saturday Pre-Match**
- 10.30 **Fantasy Football Pre-Match**
- 11.00 LIVE **EFL Millwall v Stoke City.** The Championship match from the Den. Kick-off is at 12.30pm.
- 2.30 PM LIVE **The Players Championship** Coverage of the third day from TPC Sawgrass.
- 5.00 LIVE **SNF Bournemouth v Brentford.** Coverage of the Premier League match staged at Vitality Stadium. Kick-off 5.30pm.
- 8.00 LIVE **The Players Championship** Further coverage of the third day at TPC Sawgrass in Ponte Vedra Beach.
- 11.00 **The Rookies**
- 12.00 M'T **Seaplanes & Helicopters**
- 12.25 AM LIVE **Formula 2** The Australian Grand Prix feature race.
- 1.45 **Jenson & the FW22: Extended**
- 1.55 **F1 Explained – Timings**
- 2.00 **Ted's Notebook**
- 2.30 **to 7.00** AM LIVE **Formula 1** Coverage of the Australian Grand Prix, the first round of the season at Albert Park Circuit. Start-time 4.00am. *See feature, page 28.*

Sky Sports Premier League

402 512 502 420 440

- 6.00 AM **PL Greatest Games**
- 7.00 **Premier League Years**
- 9.00 **The Big Interview**
- 9.30 **Fantasy Show**
- 10.00 **Saturday Social**
- 11.00 **Premier League Stories**
- 11.30 **Fantasy Show**
- 12.00 NOON **Gillette Soccer Saturday: Build-Up**
- 3.00 PM **Gillette Soccer Saturday**
- 5.00 LIVE **SNF Bournemouth v Brentford.** Coverage of the Premier League match at Vitality Stadium. The attacking talents of both these teams were on show in November's reverse fixture, with Brentford fighting back from 2-1 down to claim a 3-2 win. However, Bournemouth are enjoying a strong campaign and will be hopeful of avenging that defeat on home territory. Kick-off 5.30pm.
- 8.00 **Premier League Stories**
- 8.30 **Game of the Day**
- 10.30 **Premier League Highlights** Everton v West Ham United.
- 11.00 **Premier League Highlights**
- 3.00 AM **PL Greatest Games**
- 4.00 **Premier League Best Goals**
- 5.30 **to 6.00** AM **Premier League 100 Club**

Sky Sports Football

403 513 503 421 441

- 6.00 AM **EFL Highlights**
- 6.15 **EFL Cup Highlights**
- 7.15 **EFL Highlights** League Two.
- 7.30 **Best Goals: EFL Cup**
- 8.30 **EFL Highlights** Championship.
- 8.45 **Best Goals: EFL Cup 2022/23**
- 9.15 **Best Goals: EFL Cup 2023/24**
- 9.45 **EFL Highlights** Championship.
- 10.00 **Saturday Social**
- 11.00 LIVE **EFL Millwall v Stoke City.** Coverage of the Championship match staged at the Den. The reverse fixture back in November saw the game end all square in a 1-1 draw in Stoke. Josh Coburn gave the London club the lead just before half-time, with Ben Gibson equalising for the Potters on the hour mark. Kick-off 12.30pm.
- 3.00 PM **Gillette Soccer Saturday**
- 5.00 **Gillette Soccer Saturday: Reaction** Post-match analysis.
- 5.20 LIVE **Bundesliga RB Leipzig v Borussia Dortmund.** Coverage of the German top-flight match at Red Bull Arena. Kick-off 5.30pm.
- 7.30 **Bundesliga** A chance to see FC Union Berlin v Bayern Munich.
- 9.30 **EFL Highlights** Millwall v Stoke.
- 9.45 QPR v Leeds United.
- 10.00 PM **to 6.00** AM **EFL Highlights**

Sky Sports Cricket

404 514 504 422 442

- 6.00 AM **WPL** The Eliminator.
- 7.00 **IPL** The 2024 final.
- 8.00 **ICC Champions Trophy Cricket**
- 9.00 **WPL** Recent action from India.
- 1.50 PM LIVE **WPL** Coverage of the final staged at Brabourne Stadium in Mumbai, as the winners of the Eliminator face the team that finished top of the table in the league stage. Royal Challengers Bengaluru defeated Delhi Capitals by eight wickets in last year's showpice match.
- 5.30 **Best of ICC WT20**
- 6.00 **History of the ICC Champions Trophy** A look at the previous editions of the tournament.
- 7.00 **ICC Champions Trophy Cricket** India v New Zealand in the final.
- 8.00 **WPL** Action from the final at Brabourne Stadium in Mumbai.
- 9.00 **IPL** Kolkata Knight Riders v Sunrisers Hyderabad in 2024.
- 10.00 **WPL** Action from the final at Brabourne Stadium in Mumbai.
- 11.00 **History of the ICC Champions Trophy** Archive highlights.
- 12.00 M'T **ICC Champions Trophy**
- 1.00 AM **WPL** A replay of the final.
- 4.40 **Ashes Greats** Action from 2001.
- 5.00 **to 6.00** AM **IPL Highlights**

Sky Sports Golf

405 515 505 423 443

- 6.00 AM **The Players Championship**
- 7.00 **Masterpiece Theatre**
- 7.15 **PGA Tour Profiles** Sandy Lyle.
- 7.30 **The Players: The Golden Era**
- 8.30 **The Players Championship**
- 11.30 **Golf** Recent highlights.
- 12.00 NOON **Players Championship**
- 1.00 PM LIVE **The Players Championship** Coverage of the third day from TPC Sawgrass in Ponte Vedra Beach, Florida.
- 11.00 **DP World Tour Golf**
- 11.30 **Masterpiece Theatre**
- 11.45 **PGA Tour Profiles** Sandy Lyle.
- 12.00 M'T LIVE **Ladies European Tour Golf** Coverage of day four of the Australian Women's Classic from Coffs Harbour Golf Club.
- 5.00 **to 6.00** AM **Golf Academy**

Sky Sports Tennis

407 537 520 425 445

- 6.00 AM **WTA Tennis** Abu Dhabi Open.
- 7.00 **Tie Break Tens** Eisenhower Cup.
- 8.00 **WTA & ATP Tennis**
- 12.00 NOON **WTA Tennis** Merida Open.
- 1.00 PM **ATP Tennis** Acapulco Open.
- 2.00 **WTA & ATP Tennis**
- 6.00 LIVE **WTA & ATP Tennis** Coverage of the Indian Wells Open women's doubles final.
- 8.00 LIVE **WTA & ATP Tennis** Coverage of the Indian Wells Open men's singles semi-finals.
- 1.00 AM LIVE **WTA & ATP Tennis** The Indian Wells Open men's doubles final from California.
- 3.00 **to 6.00** AM **WTA & ATP Tennis**

TNT Sports 1

410 870 521 408 430

- 8.00 AM **Rio Ferdinand Meets**
- 8.15 LIVE **Alpine Skiing** Run one of the men's giant slalom in Hafjell.
- 10.00 **The Fantasy Show**
- 10.30 **Premier League Preview**
- 11.00 **Training Day** Nottingham Forest.
- 11.15 LIVE **Alpine Skiing** Run two of the men's giant slalom in Hafjell.
- 12.30 PM **Sign Up – Into Football**
- 1.15 LIVE **Cycling** Stage six of the Tirreno Adriatico, a 162km route from Cartoceto to Frontignano.
- 4.30 **Original Documentary**
- 5.30 **The WRC Magazine**
- 6.00 **Crouchy and Cole**
- 6.30 LIVE **Fight Night Live Nick Ball v TJ Doheny.** Coverage of the world featherweight title bout at M&S Bank Arena in Liverpool.
- 12.00 M'T LIVE **Women's International T20 Cricket New Zealand v Sri Lanka.** Coverage of the second T20 from Hagley Oval in Christchurch.
- 1.00 AM LIVE **T20 Cricket New Zealand v Pakistan.** Coverage of the first T20 in the five-match series staged at Hagley Oval.
- 5.00 **TNT Sports Cricket Reload**
- 5.30 **to 6.00** AM **Premier League Legends**

TNT Sports 2

411 871 522 409 431

- 6.00 AM LIVE **A-League Women Sydney FC v Wellington Phoenix.** Coverage from Leichhardt Oval. Kick-off 6.00am.
- 8.00 **TNT Sports Reload**
- 8.15 LIVE **AFL Collingwood Magpies v Port Adelaide Power.** From Melbourne Cricket Ground. Bounce-up 8.35am.
- 11.15 **Superbike Rewind**
- 11.30 LIVE **MotoGP** Coverage of the Grand Prix of Argentina Moto2 and Moto3 second practices.
- 1.00 PM LIVE **MotoGP** Grand Prix of Argentina qualifying session.
- 3.45 LIVE **MotoGP** Coverage of the Grand Prix of Argentina Moto3 and Moto2 qualifying sessions.
- 5.45 LIVE **MotoGP** The Grand Prix of Argentina MotoGP sprint race.
- 6.45 **Cycling** Recent highlights.
- 8.45 **UEFA Champions League**
- 9.00 LIVE **UFC** The preliminary bouts.
- 11.00 LIVE **UFC Marvin Vettori v Roman Dolidze.** Coverage of the middleweight bout at UFC Apex.
- 2.30 AM **Rise of the UFC**
- 4.00 **to 6.00** AM LIVE **Isuzu UTE A-League Auckland FC v Central Coast Mariners.** At Go Media Stadium. Kick-off 4.00am.

Sky Sports Action

408 517 507 426 446

- 6.00 AM **Super League Highlights**
- 7.00 **Fight Night** Jonas v Price.
- 8.00 **Top Rank Boxing Archive**
- 8.30 LIVE **NRL Canberra Raiders v Brisbane Broncos.** Coverage of the match from the second round of the season staged at Gio Stadium. Kick-off 8.35am.
- 10.35 **My Icon** Leon Pryce.
- 10.45 **Top Rank Boxing Archive**
- 11.00 **Fight Night International**
- 12.00 NOON LIVE **European Open Pool** Coverage of the last-16 in the afternoon session on the fifth day of the nineball competition staged at Hotel Hills Sarajevo in Bosnia and Herzegovina.
- 4.30 PM **PDC Classics**
- 5.30 **Darts Gold** Archive action.
- 6.30 LIVE **European Open Pool** The quarter-finals in the evening session on day five of the nineball competition at Hotel Hills Sarajevo in Bosnia and Herzegovina.
- 10.30 **PDC Classics** Highlights.
- 11.30 **Super League Highlights**
- 12.00 M'T **NRLW** The 2024 Grand Final.
- 1.00 AM **The Rugby Championship**
- 3.00 **Fight Night** Jonas v Price.
- 4.00 **Super League Highlights**
- 5.00 **to 6.00** AM **Fight Night**

Sky Sports Sky Sports+

412 518 508 427 447

- 6.00 AM **Sky Sports News**
- 7.00 **Good Morning Sports Fans**
- 10.00 **Soccer Saturday Pre-Match**
- 10.30 **Fantasy Football Pre-Match**
- 11.00 **EFL Build-Up**
- 12.25 PM LIVE **EFL Queens Park Rangers v Leeds United.** Coverage of the Championship match at MATRADE Loftus Road Stadium. Leeds claimed a 2-0 win in November's reverse fixture at Elland Road thanks to goals by Jayden Bogle and Joel Piroe, and will be expecting another three points as they continue their bid to earn automatic promotion to the Premier League. Kick-off 12.30pm.
- 3.00 LIVE **The Players Championship** Coverage of the marquee groups on the third day's play of the prestigious tournament staged at TPC Sawgrass in Ponte Vedra Beach, Florida. Xander Schauffele held the lead at the end of round three last year, with Wyndham Clarke of America one stroke behind him, and eventual champion Scottie Scheffler four further shots back.
- 11.00 PM **to 6.00** AM **Sky Sports News**

Sky Sports Mix

416 873 510 429 449

- 6.00 AM LIVE **Super Rugby Chiefs v Blues.** From FMG Stadium Waikato. Kick-off is at 6.05am.
- 8.00 **My Icon** Sporting influences.
- 8.30 LIVE **Super Rugby Queensland Reds v NSW Waratahs.** From Suncorp Stadium. Kick-off is at 8.35am.
- 10.30 **Darts Gold** Archive action.
- 12.00 NOON **WPL** T20 highlights.
- 1.50 PM LIVE **WPL** Coverage of the final from Brabourne Stadium.
- 5.30 **Darts Gold** Archive highlights.
- 6.00 **PDC Classics** Action from 2015.
- 6.30 LIVE **European Open Pool** The quarter-finals in Sarajevo.
- 10.30 **Darts Gold** Highlights.
- 12.00 M'T **One Championship Weekly**
- 12.30 AM **Top Rank Boxing Archive**
- 1.45 **My Icon** Solomon Wilcots.
- 2.00 **Top Rank Boxing Archive**
- 2.30 **The Rugby Championship**
- 4.30 **Top Rank Boxing Archive**
- 5.45 **to 6.00** AM **My Icon**

TNT Sports 3

413 874 523 410 432

- 6.00 AM **Premier League Preview**
- 6.30 **The Fantasy Show**
- 7.00 **Premiership Rugby Cup**
- 8.00 **Cycling** Paris-Nice stage six.
- 9.00 **Sign Up – Into Football**
- 9.45 LIVE **Alpine Skiing** In La Thuile.
- 11.30 **The Ultimate Cycling Show**
- 12.30 PM LIVE **Cycling** Coverage of stage seven of the Paris-Nice.
- 2.30 **TNT Sports Reload**
- 2.45 LIVE **Biathlon** From Pokljuka.
- 3.30 **SailGP – Racing on the Edge**
- 4.00 LIVE **Ski Jumping** In Vikersund.
- 5.45 **Alpine Skiing** In La Thuile, Italy.
- 6.15 **Training Day** Nottingham Forest.
- 6.30 **AFL** Bulldogs v Kangaroos.
- 8.30 **NBA** Grizzlies v Cavaliers.
- 10.00 LIVE **NBA Brooklyn Nets v Boston Celtics.** Tip-off 10.00pm.
- 12.30 AM **Cycling**
- 1.30 LIVE **AFL Adelaide Crows v St Kilda Saints.** Bounce-up 1.35am.
- 4.15 **to 7.00** AM LIVE **AFL Melbourne Demons v GWS Giants.** Bounce-up 4.20am.

TNT Sports 4

414 876 524 411 434

- 7.45 AM **TNT Sports Cricket Reload**
- 8.00 LIVE **Nordic Combined Skiing**
- 8.30 **TNT Sports Reload**
- 8.45 LIVE **Nordic Combined Skiing**
- 9.45 LIVE **Ski Jumping** In Norway.
- 11.15 LIVE **Curling World Championship Scotland v Canada.** The round-robin match.
- 1.00 PM LIVE **Cross Country Skiing**
- 2.30 **Ski Jumping** From Vikersund.
- 3.00 LIVE **Nordic Combined Skiing**
- 4.00 **TNT Sports Cricket Reload**
- 4.45 **Premiership Rugby Cup**
- 5.45 LIVE **Ski Mountaineering**
- 7.00 **Winter Sports** Recent action.
- 9.00 LIVE **SailGP** From Los Angeles.
- 10.30 **MotoGP** Grand Prix of Argentina.
- 11.00 **Biathlon** In Pokljuka, Slovenia.
- 11.30 **UEFA Champions League**
- 11.45 **TNT Sports Reload**
- 12.00 M'T **Premiership Rugby Cup**
- 1.00 AM **Highlights**
- 5.00 **to 7.00** AM LIVE **A-League Women Melbourne City v Adelaide United.** Kick-off 5am.

Premier Sports 1

419 551

- 6.00 AM **World Surf League**
- 7.00 **Transworld Sport** Magazine.
- 8.00 **NASCAR Highlights**
- 9.00 **Champions Cup Highlights**
- 10.00 **Cape to Cape**
- 11.00 **LaLiga Highlights**
- 12.00 NOON LIVE **LaLiga Real Valladolid v Celta Vigo.** The Spanish top-flight game at Estadio Jose Zorrilla. Kick-off 1.00pm.
- 3.00 **NHL on the Fly** The latest news.
- 3.30 **Transworld Sport** Magazine.
- 4.30 **LaLiga Specials**
- 5.25 LIVE **LaLiga Villarreal v Real Madrid.** Kick-off 5.30pm.
- 7.30 LIVE **LaLiga Girona v Valencia.** Kick-off 8.00pm.
- 11.00 **Top 14 Rugby Union Highlights**
- 11.30 **Downhill Skateboarding**
- 12.00 M'T LIVE **NHL Ice Hockey Minnesota Wild v St. Louis Blues.** Face-off 12.00m't.
- 3.00 AM **Transworld Sport** Magazine.
- 4.00 **Sporting Countdowns**
- 5.00 **to 6.00** AM **World Surf League**

Premier Sports 2

420 552

- 6.00 AM **LaLiga** Recent action.
- 8.00 **NHL Ice Hockey**
- 10.00 **Bike World** Magazine.
- 10.30 **United Rugby Championship**
- 12.30 PM **GP Confidential**
- 1.00 **United Rugby Championship** A replay of Munster v Edinburgh.
- 3.00 **Temples of Sport**
- 3.30 **Top 14 Rugby Union** Stade Francais v La Rochelle.
- 5.30 **Top 14 Rugby Union** A chance to see Perpignan v Bordeaux.
- 7.30 **Bike World** Magazine.
- 8.00 **NHL Tonight** Wing players.
- 9.00 LIVE **NHL Ice Hockey San Jose Sharks v Washington Capitals.** The inter-conference match from SAP Centre at San Jose. Face-off 9.00pm.
- 12.00 M'T **NHL: This is Hockey**
- 12.30 AM **Temples of Sport**
- 1.30 **LaLiga** Mallorca v Espanyol.
- 3.30 **Bike World** Magazine.
- 4.00 **to 6.00** AM **United Rugby Championship**

Sky Sports F1

406 516 506 424 444

- 7.00 AM **Ted's Notebook**
- 7.30 **Formula 1** Australian Grand Prix.
- 9.30 **F1 Features**
- 10.15 **Formula 1** Australian Grand Prix.
- 1.30 PM **F1 Features**
- 2.15 **Formula 3** Australian Grand Prix.
- 3.15 **Formula 2** From Australia.
- 4.15 **F1 Features**
- 5.00 **Formula 1** Australian Grand Prix.
- 7.00 **Ted's Notebook**
- 7.30 **Formula 2** Australian Grand Prix
- 8.30 **Formula 3** From Australia.
- 9.30 **F1 Features**
- 9.55 LIVE **Formula 3** Coverage of the Australian Grand Prix feature race.
- 11.00 **F1 Features**
- 12.25 AM LIVE **Formula 2** The Australian Grand Prix feature race.
- 1.45 **F1 Features**
- 2.30 **to 7.00** AM LIVE **Formula 1** Coverage of the Australian Grand Prix, the first round of the season at Albert Park Circuit. Start-time 4.00am. *See feature, page 28.*

SKY HD SD VIRGIN HD EE HD

Sunday

16 March

Evening Planner

Football

EFL Cup Final
ITV1, Sky Showcase, Sky Sports Main Event & Sky Sports Football, k-o 4.30pm
Defending champions Liverpool take on Newcastle United at Wembley Stadium.

Cookery

The Great Celebrity Bake Off
C4, 7.40pm
Caroline Waldegrave joins Paul Hollywood to judge the celebrity baking challenge.

Thriller

Protection
ITV1, 9pm (box set, ITVX)
Siobhan Finneran stars as a witness-protection officer whose current case is threatened by claims of police corruption.

Reality

Tempting Fortune
C4, 9pm
Paddy McGuinness hosts as 12 strangers trek across the Malaysian jungle in a bid to win a cash prize. Continues tomorrow.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 Antiques Roadshow		8.00 Ten Pound Poms		9.00 Towards Zero		10.00 News	10.30 Match of the...
	102 BBC2		7.15 Expedition with Steve...	8.00 This Farming Life		9.00 Forensics: The Real CSI		10.00 Film: The French Connection	
	103 ITV1		7.15 News / 7.30 Tipping Point...	8.00 Who Wants to Be a Millionaire?		9.00 Protection		10.00 News	10.20 Film: Creed II
	104 CHANNEL 4	◂ 5.45 Film: The Greatest...	7.40 The Great Celebrity Bake Off for Stand Up to Cancer			9.00 Tempting Fortune		10.00 Leaving Neverland: Michael Jackson...	
	105 5	◂ 5.40 The High...	7.30 Porridge: 50 Years of Laughs			9.00 Inside the Four Seasons Park Lane		10.00 The Push: Murder on a Cruise Ship	
	106 SKY SHOWCASE	◂ 3.30 EFL Cup – Live (Kick-off 4.30)		8.00 F1: Australian Grand Prix Highlights		9.00 Michael Flatley: Billion Dollar Dancer			
ENTERTAINMENT	115 BBC3	7.00 EastEnders		8.00 Top Gear		9.00 The Apprentice		10.00 Apprentice...	10.30 Bad Education
	116 BBC4	7.00 Life of a Mountain: A Year on Scafell...		8.00 Amazon with Bruce Parry			9.15 Face to Face		
	118 ITV2	◂ 6.25 Film: Shazam!				9.00 Family Guy			
	136 MORE4	◂ 6.50 Four in a Bed		7.55 PopMaster TV: Grand Final		9.00 The Emergency Ward		10.00 24 Hours in A&E	
	135 E4		7.05 The Simpsons			9.00 Film: Terminator: Dark Fate			
	107 SKY WITNESS	7.00 Nothing to Declare				9.00 Law & Order: Special Victims Unit		10.00 Matlock	
	108 SKY ATLANTIC	7.00 Homicide: Life on the Street						10.05 The Wire	
	110 U&GOLD	◂ 6.40 Only Fools and Horses					9.20 Billy Connolly Does...		10.20 Dad's Army
	111 U&DAVE	◂ 6.40 Highland Cops		8.00 Speed with Guy Martin		9.00 Have I Got a Bit More News for You		10.00 QI	10.35 Mock the...
	119 ITV3	◂ 6.20 Rosemary & Thyme		8.00 Doc Martin		9.00 Belgravia: The Next Chapter		10.00 Vera	
	120 ITV4	◂ 6.30 Cycling...	7.30 LaLiga – Live: Atletico Madrid v Barcelona (Kick-off 8.00)						10.20 EFL Carabao Cup...
	112 COMEDY CENTRAL	7.00 Friends				9.00 Film: Vacation			
	139 SKY SCI-FI	7.00 Stargate SG-1				9.00 Film: Post Impact			
	113 SKY MAX	7.00 Grimm		8.00 Freddie Down Under		9.00 Film: Dorian Gray			
	109 U&ALIBI	7.00 Hudson & Rex				9.00 Death in Paradise		10.00 Miss Scarlet	
	130 SKY ARTS	◂ 6.15 Michael Flatley – Lord of the Dance...		8.00 Film: Kiss Me, Stupid					10.25 Chuck Berry...
	132 U&W	7.00 Inside the Ambulance				9.00 Inside the Operating Theatre			
DOCUMENTARY	125 DISCOVERY	7.00 Alaska: Homestead Rescue				9.00 Marooned with Ed Stafford		10.00 Mega Shippers	
	162 ANIMAL PLANET	7.00 Pit Bulls & Parolees		8.00 Celebrity Animal Encounters		9.00 Crikey! It's the Irwins		10.00 Edge of Alaska	
	129 NAT GEO	7.00 Mutant Weather		8.00 Mysterious Islands		9.00 Two Million Year Old Boy		10.00 Ancient Egypt: Riches And Rulers	
	123 SKY HISTORY	7.00 Ultimate Mysteries				9.00 Hitler's Handmaidens			
	155 U&YESTERDAY	◂ 6.40 Porridge		8.00 Antiques Roadshow				10.00 Bangers & Cash	
	121 SKY DOCS	7.00 Boyzone: No Matter What				9.00 Michael Flatley: Billion Dollar Dancer			
FILMS – Sky Cinema	301 PREMIERE	◂ 4.50 Horizon: An American Saga...		8.00 Fight or Flight				10.00 Skincare	
	302 ORIGINALS	◂ 6.15 Fight or Flight		8.00 The Beekeeper				10.00 To Catch a Killer	
	303 HITS	◂ 5.45 Fast & Furious 5		8.00 Fast & Furious 6				10.10 Fast & Furious 7	
	304 CLASSICS	◂ 5.35 Forrest Gump		8.00 The Great Gatsby					10.25 Ghost
	305 ANIMATION	◂ 5.55 The Lego Batman Movie	7.45 Rugrats in Paris				9.15 Teen Titans Go! to the Movies		
	306 FAMILY	◂ 6.05 The Flintstones	7.45 The Flintstones in Viva Rock Vegas				9.25 The Hobbit: An Unexpected Journey		
	307 ACTION	◂ 5.40 American Sniper		8.00 Fast X					10.25 John Wick: Chapter 2
	308 COMEDY	◂ 6.25 Daddy Day Care		8.00 Blades of Glory			9.40 The American Society of Magical Negroes		
	309 THRILLER	◂ 5.40 Jack Reacher		8.00 Jack Reacher: Never Go Back				10.15 Split	
	310 DRAMA	◂ 6.15 Lost in Translation		8.00 Bridget Jones: The Edge of Reason				10.00 What If	
	311 SCI-FI	◂ 5.40 Star Trek Into Darkness		8.00 A Quiet Place: Day One			9.50 The Exorcist: Believer		
	313 FILM4	◂ 6.55 Footloose				9.00 Kingsman: The Golden Circle			
SPORT	401 MAIN EVENT	7.00 Super Sunday – Live: Leicester City v Manchester United (Kick-off 7.00)				9.00 The Players Championship – Live		10.00 Tennis – Live: The Indian Wells Open	
	402 PREMIER LEAGUE	◂ 6.30 Super Sunday – Live: Leicester City v Manchester United (Kick-off 7.00)						10.00 Premier League Highlights	
	403 FOOTBALL	◂ 3.30 EFL Cup – Live (Kick-off 4.30)		8.00 Best Goals	8.30 SPFL				10.30 EFL Cup
	404 CRICKET	7.00 IPL		8.00 ICC Champions Trophy Cricket		9.00 IPL			
	410 TNT SPORTS 1	◂ 5.30 Fight Night...	7.30 Serie A – Live: Atalanta v Inter Milan (Kick-off 7.45)					10.00 UFC	
	411 TNT SPORTS 2		7.15 MotoGP Chequered Flag	8.15 MotoGP Films		9.00 SailGP – Live: Coverage from the fourth round of the season			10.30 UEFA Reload

◂ Denotes programmes starting before 7.00pm † Regions vary

SUNDAY

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Sunday

BBC1

101 | 101 | 1 | 101 | 101

6.00 AM **Breakfast** (S)
7.45 **Match of the Day** (S)(R)
9.00 **Sunday with Laura Kuenssberg**
10.00 **Politics England** (S)
10.30 **Sunday Morning** New edition (S)
11.30 **Homes Under the Hammer** (S)(R)
12.00 NOON **Bargain Hunt** (S)(R)
1.00 PM **BBC News** (S)
1.15 **Songs of Praise** New edition (S)
1.50 **Money for Nothing** (S)(R)
2.35 **Gladiators: Epic Pranks** New edition Diamond is pranked.
2.50 **Gladiators** (S)(R)(AD)
3.50 **Planet Earth III** 1/8. Wildlife in coastal regions. (S)(R)(AD)
4.50 **BBC News** (S)
5.05 **Local News** (S)
5.15 **Countryfile** New edition Presenters Matt Baker and Joe Crowley explore the slate landscape of north west Wales. (S)

9.00 Towards Zero

6 PM
6.15 **The Americas** New edition 3/10. Wildlife in America's western states, from coyotes in Yellowstone using geothermal heat to survive the winter, to bison facing fierce rivals to win mates. (S)(AD)

7 PM
7.00 **Antiques Roadshow** Fiona Bruce presents from Pollok Country Park in Glasgow, where treasures include an early painting by Jack Vettriano and pages from the very first printing presses. (S)(R)

8 PM
8.00 **Ten Pound Poms** New episode 2/6. Kate must confront her situation, Terry feels uneasy about a request, and the Skinners receive some devastating news. (S2) (S)(AD)
■ Entire series on BBC iPlayer

9 PM
9.00 **Towards Zero** Series finale 3/3. When the killer strikes again, Leach is drawn into a toxic maze of deceit and dysfunction. (S1) (S)(AD)
■ Entire series on BBC iPlayer

10 PM
10.00 **BBC News** (S)
10.25 **Local News** (S)
10.30 **Match of the Day 2** Mark Chapman presents action from the latest Premier League matches, including Arsenal v Chelsea, Fulham v Tottenham Hotspur and Leicester City v Manchester United. Plus, a round-up of Saturday's goals. (S)
11.35 **The Women's Football Show** Highlights of the latest games including Chelsea v Manchester City in the League Cup final, and Liverpool v Manchester United in the Super League. (S)
12.20 AM **Weather for the Week Ahead** Seven-day forecast. (S)
12.25 **to 6.00** AM **BBC News** (S)

BBC2

102 | 102 | 2 | 102 | 102

6.50 AM **Countryfile** (S)(R)
7.45 **Breakfast** (S)
9.00 **Weatherman Walking: The Welsh Coast** (S)(R)
9.30 **Saturday Kitchen: Feast of Fun** A selection of the funniest moments from the show. (S)(R)
11.00 **Andi Oliver's Fabulous Feasts** From Merthyr Tydfil. (S)(R)(AD)
12.00 NOON **Farm to Feast: Best Menu Wins** Cookery competition. (S)(R)
12.30 PM **This Farming Life** (S)(R)
1.30 **FILM** **Dark Victory** Drama starring Bette Davis and George Brent. (S) (1939, b/w, PG, 100min) ★★★★
3.10 **FILM** **Goodbye Mr Chips** Musical version of James Hilton's famous story of a shy schoolmaster who falls in love. Stars Peter O'Toole. (S) (1969, PG, 140min) ★★
5.30 **Flog It!** Stunning locations. (S)(R)

8.00 This Farming Life

6 PM
6.15 **Rugby Union: Six Nations** A round-up of action from the final round of fixtures, featuring Wales v England at Principality Stadium, Italy v Ireland at Stadio Olimpico and France v Scotland at Stade de France. (S)

7 PM
7.15 **Expedition with Steve Backshall** 1/10. The naturalist ventures into uncharted territory in pursuit of new discoveries, starting out in South America's Guiana Shield. (S)(R)(AD)

8 PM
8.00 **This Farming Life** New edition 8/12. Andy and Jo compete at the Royal Highland Show, Sally juggles sheep and children while shearing her flock, and the Imrie family's business kicks off in style. (S)

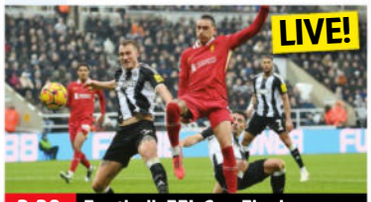
9 PM
9.00 **Forensics: The Real CSI** Series finale 3/3. An elderly man is found dead in his home amid signs of forced entry and a brutal attack. West Midlands Police must identify when and how he died. (S)(AD)

10 PM
10.00 **FILM** **The French Connection** Thriller starring the late Gene Hackman. A tough New York police detective wages a one-man war on a drugs syndicate. With Roy Scheider. (S)(AD) (1971, 18, 100min) ★★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
11.40 **FILM** **The Conversation** Suspense thriller starring the late Gene Hackman as a surveillance expert whose obsessively guarded private life begins to unravel on his latest job. With Frederic Forrest. (S)(AD) (1974, 12, 110min) ★★★★★
1.30 AM **Sign Zone: Amanda & Alan's Spanish Job** (S)(R)(AD)
2.00 **Sign Zone: Question Time** (S)(R)
3.00 **Sign Zone: Virdee** (S1) (S)(R)(AD)
4.00 **to 6.10** AM **Previews** (S)

ITV1

103 | 103 | 3 | 103 | 103 | 103

6.00 AM **In for a Penny** (S)(R)(AD)
6.30 **James Martin's French Adventure** Saint-Emilion. (S)(R)
7.30 **James Martin's Saturday Morning** With Noel Fitzpatrick. (S)(R)
9.25 **ITV News** (S)
9.30 **Love Your Weekend with Alan Titchmarsh** New edition (S)
11.20 **Alan Titchmarsh's Gardening Club** A houseplant masterclass. (S)(R)
12.20 PM **ITV News** (S)
12.30 **Prue Leith's Cotswold Kitchen** Prue is joined by Lulu. (S)(R)(AD)
1.30 **Lingo** Quiz show. (S)(R)
2.30 **Celebrity Catchphrase for Soccer Aid** With Patrick Kielty. (S)(R)(AD)
3.30 **LIVE** **Football: EFL Cup Final** Liverpool v Newcastle United: All the action from the showpiece match at Wembley Stadium. Kick-off is at 4.30. (S)



3.30 Football: EFL Cup Final

6 PM
LIVE **Football: EFL Cup Final** (started at 3.30pm)

7 PM
7.15 **ITV News** (S)
7.25 **Local News** (S)
7.30 **Tipping Point: Best Ever Finals** Dramatic endgames from the game show. (S)(R)

8 PM
8.00 **Who Wants to Be a Millionaire?** New edition Jeremy Clarkson hosts the big-prize quiz in which another line-up of contestants answer questions that could change their lives. (S)

9 PM
9.00 **NEW SERIES** **Protection** 1/6. Drama starring Siobhan Finneran. A police officer's life is turned upside down when her unit is accused of corruption. *See feature, page 4.* (S1) (S)(AD)
■ Continues tomorrow

10 PM
10.00 **ITV News** (S)
10.20 **FILM** **Creed II** Boxing drama sequel starring Michael B Jordan. Heavyweight champion Adonis Creed faces off against Viktor, the son of Ivan Drago, whom his mentor fought in the 1980s. (S)(AD) (2018, 12, 140min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.40 AM **Teleshopping**
3.00 **Romesh Ranganathan's Parents' Evening** Mel B, Jonathan Ross and Richard Madeley compete in the comedy game show. (S)(SL)(R)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Prue Leith's Cotswold Kitchen** (S)(SL)(R)(AD)

+1 hour | 203 | 303 | 35 | 112

CHANNEL 4

104 | 104/108 | 108 | 4 | 104 | 104/106

5.50 AM **Cheers** 8-10/26. (S)(R)
7.10 **Everybody Loves Raymond** (S)(R)
8.00 **The Simpsons** (S)(R)(AD)
10.00 **Sunday Brunch** New edition With guests Phil Wang, Denise Lewis, Kiell Smith-Bynoe and Olly Rix. Plus, music from Marcin. (S)
1.00 PM **F1: Australian Grand Prix Highlights** Action from the opening race of the season. (S)
3.30 **George Clarke's Amazing Spaces** Including a small hotel disguised as a tree. (S)(R)(AD)
4.15 **Grand Designs** (S)(R)(AD)
5.15 **News** (S)
5.45 **FILM** **The Greatest Showman** Musical drama starring Hugh Jackman. A former shipping clerk attempts to create and develop his New York circus in the mid-1800s. (S)(AD) (2017, PG, 115min) ★★★★

5.45 The Greatest Showman

6 PM
FILM **The Greatest Showman** (film started at 5.45pm)
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

7 PM
7.40 **NEW SERIES** **The Great Celebrity Bake Off for Stand Up to Cancer** Another batch of celebrities put their baking skills to the test for charity, with new judge Caroline Waldegrave joining Paul Hollywood, Noel Fielding and Alison Hammond. Married couple Chris and Rosie Ramsey go up against each other, alongside a sibling rivalry, as Scarlette Douglas squares up to her brother Stuart. *See feature, page 12.* (S)(AD)

8 PM

9 PM
9.00 **NEW SERIES** **Tempting Fortune** 1/8. Paddy McGuinness hosts as 12 strangers begin an 18-day trek through the jungle of Langkawi in Malaysia. (S)(AD)
■ Continues tomorrow

10 PM
10.00 **Leaving Neverland: Michael Jackson and Me** 1/2. Documentary exploring accounts of the separate but parallel experiences of two young boys, James 'Jimmy' Safechuck and Wade Robson, who were both befriended by Michael Jackson. (S)(R)(AD)
12.00 M'T **Leaving Neverland: Michael Jackson and Me** 2/2. Conclusion of the documentary. (S)(R)(AD)
1.45 AM **Ramsay's Kitchen Nightmares USA** From New Orleans. (S)(SL)(R)
2.35 **Undercover Boss USA** (S)(R)
3.25 **Sunday Brunch Best Bits** (S)(R)
3.45 **The Simpsons** (S)(R)(AD)
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour | 204/208 | 304 | 15 | 121

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 805 | 105 | 5 | 105 | 105 | 105

5.40 AM **Milkshake!**
9.15 **Friends** 20/24. (S1) (S)(R)(AD)
9.40 **22 Kids & Counting** (S)(R)
11.35 **Bargain-Loving Brits in the Sun** Double bill. (S)(R)(AD)
1.30 PM **Secret Life of the Forest** Dalby and Cropton forests are in the midst of a heatwave. (S)(R) **2.30** Cameras follow herons as they lurk by the water and stalk their prey. (S)(R)
3.25 **Our Yorkshire Farm** Clive and Amanda drive the family's herd from the moors back to the farmyard. (S)(R) **4.25** Sidney continues training his sheepdog Nell. (S)(R)
5.30 **News** (S)
5.40 **The High Street Shops We Loved & Lost** A look back at the high street of yesteryear. (S)(R)

9.00 Inside the Four Seasons

The High Street Shops We Loved & Lost (started at 5.40pm)

7.30 **Porridge: 50 Years of Laughs** A look back at Dick Clement and Ian La Frenais's prison-based sitcom *Porridge*, which gave Ronnie Barker one of the best-loved roles of his career. (S)(R)

9.00 **Inside the Four Seasons Park Lane** Series finale 4/4. Restaurant founder Yannick Allen pays a visit, and the head of purchasing provides a peek into the wine cellar. (S)

10.00 **The Push: Murder on a Cruise Ship** Documentary investigating the case of Micki Kanesaki, who vanished while on a Mediterranean cruise in 2006, and whose body was discovered off the southern coast of Italy. (S)(R)

11.30 **Prime Suspect: Hunting the Predators** (S)(R)
1.00 AM **PlayOJO Live Casino Show**
3.00 **Bargain-Loving Brits in the Sun** Double bill. (S)(R)(AD)
4.40 **Wildlife SOS** (S)(SL)(R)
5.05 **Divine Designs** (S)(SL)(R)
5.30 **to 5.40** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128

SKY SHOWCASE

106 106 806 | 109 | 340 | 355

6.00 AM **Simon** (S)(R)
6.30 **The Makery** (S)(R)(AD)
6.45 **Where's Wally** (S)(R)
7.35 **The Slow Mo Guys' Big Adventures** Cannons. (S)(R)
8.00 **Monkey Life** (S)(R)(AD)
8.30 **Sunday Morning with Trevor Phillips** Topical discussion.
10.00 **F1: Australian Grand Prix Highlights** Action from the first round of the season at Albert Park Circuit in Melbourne.
11.00 **Ted's Notebook** A review of the Australian Grand Prix. (R)
11.30 **The Office (US)** (S9) (S)(R)
12.30 PM **The Simpsons** Six episodes of the animated comedy. (S)(R)
3.30 LIVE **Football: EFL Cup** Liverpool v Newcastle United: Coverage of the final at Wembley Stadium. Kick-off is at 4.30.

9.00 Billion Dollar Dancer

LIVE **Football: EFL Cup** (started at 3.30pm)

8.00 **F1: Australian Grand Prix Highlights** Action from the opening round of the season, held at Albert Park Circuit in Melbourne. (R)

9.00 NEW **Michael Flatley: Billion Dollar Dancer** One-off documentary looking back at the *Riverdance* dancer's life and career, and following production of a 25th anniversary tour of his show *Lord of the Dance*.

11.00 **Brassic** 4/6. Vinnie is struggling with insomnia and decides to have a chilled night in keeping an eye on the pub while Kath is away, but events takes a sinister turn when a stranger breaks in. (S2) (S)(R)(AD)
12.00 M'T **The Force: Manchester** Double bill of editions. (S)(R)
2.00 **Road Wars** Double bill. (S)(R)
4.00 **to 6.00** AM **Nothing to Declare**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
10.00-10.30am The Sunday Show (S) **11.35pm** Sportscene: Premiership Highlights (S)(R) **12.50am** The Women's Football Show (S) **1.35** Weather for the Week Ahead (S) **1.40-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
7.00-8.00pm The Priests: Faith and Fame New edition (S)

WALES
Sky 965, Virgin 864, Freesat 965
11.30am-12.00noon The Six Nations Greatest Moments (S)(R) **3.50pm** Wynne & Joanna: All at Sea (S)(R) **4.20-4.50pm** Winterwatch in Wales (S)(R)

BBC2

N. IRELAND
Sky 969, Freesat 969
10.00pm NEW An Bothy Band (S) **11.30** Sunday Politics (S)(R) **12.00m't** FILM The Conversation (S)(AD) (1974, 12, 110min) ★★★★★ **1.50-2.00am** Suzie Lee: Home Cook Hero (S)(R)

WALES
Sky 968, Freesat 968
5.30pm Flog It! (S)(R) **5.45-6.15pm** Scrum V Top 5s (S)(R)

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **8.50** Penblwyddi Cyw **9.00** Siwrna Scandi Chris **10.00** Yr Afon **11.00** Dechrau Canu Dechrau Canmol **11.30** Ty Ffit **12.30pm** Y Castell **1.30** Y Wal **2.30** Prosiect Pum Mil **3.25** Ffermio **3.55** Clwb Rygbi Rhyngwladol **5.40** Pobol y Cwm Omnibws (AD) **6.45** Dechrau Canu Dechrau Canmol New edition **7.15** Newyddion a Chwaraeon **7.30** Y Llais New edition **8.30** Cofio New edition **9.30** Gogglebocs Cymru **10.30** 3 Lle **11.00-11.50pm** Stryd i'r Sgrym

TV&Satellite week
Best for Sky and Virgin

BBC3

115/117/121 | 107/113 | 23 | 107 | 107

BBC3 programmes start at 7.00pm

7.00 PM **EastEnders** Harvey's plan is met with a setback. **7.30** Sonia prepares herself for a big day, and Harvey makes a drastic decision.
8.00 **Top Gear** The presenters explore the decline of the British sports car industry.
9.00 **The Apprentice** The candidates must design a children's banking app and accompanying money box to pitch to industry experts.
10.00 **The Apprentice: You're Fired** Tom Allen meets the latest candidate to be fired.
10.30 **Bad Education** 5/6. The Abbey Grove students get ready for the biggest football match of the school year. **11.00** 6/6. The school election gets under way. (S1)
11.30 **A Very British Cult** An investigation into a life coaching company that allegedly ruins lives.
12.30 AM **Ruck Stars**
1.00 **Made Up in Belfast**
2.00 **Top Gear** As 8.00pm.
3.00 **to 4.00** AM **A Very British Cult**

BBC4

116 | 107/108 | 9/24 | 106 | 108

BBC4 programmes start at 7.00pm

7.00 PM **Life of a Mountain: A Year on Scafell Pike** England's highest peak through the seasons.
8.00 **Amazon with Bruce Parry** The effects of mass deforestation in Brazil.
9.00 NEW **David Herman Remembers... Face to Face** Recalling the 1950s and 60s interview series.
9.15 **Face to Face** Jeremy Isaacs talks to actor Paul Eddington. **9.55** John Freeman interviews Tony Hancock. **10.25** With singer-songwriter Joan Baez. **11.00** James Naughtie interviews Jeremy Isaacs. **11.40** With civil rights activist Martin Luther King Jr. **12.10** AM Jeremy Isaacs talks to Maya Angelou. **12.50** John Freeman is joined by Dame Edith Sitwell. **1.20** An interview with professor Carl Gustav Jung.
1.50 **Life of a Mountain: A Year on Scafell Pike**
2.50 **to 3.50** AM **Amazon with Bruce Parry**

MORE4

136/137 831 | 147 | 18 | 124

8.55 AM **A Place in the Sun**
2.35 PM **Come Dine with Me**
5.10 **Four in a Bed** The competition begins at the Inn at the Park in Aberdeen. **5.40** The second visit of the week is to Ingliston Country Club, Renfrewshire. **6.15** For the third visit, the B&Bers heads to 1692 Wasdale in the Lake District. **6.50** The guests stay at the Lynbar Hotel in Blackpool. **7.20** The B&B owners meet for the last time.
7.55 **PopMaster TV: Grand Final** Britain's toughest music quiz concludes, as Ken Bruce puts the finalists to the ultimate pop trivia test in the Grand Final.
9.00 **The Emergency Ward** New edition Dr Tinnie Chang and Dr Caitlin Young fear that a cyclist has suffered life-changing injuries, while Dr Emma West suspects a man is hiding his injuries after a motorbike crash.
10.00 **24 Hours in A&E** An elderly man is admitted with acute abdominal pain.
11.05 **Emergency Helicopter Medics** Documentary.
12.10 AM **999: On the Front Line** Medical documentary.
1.15 **Emergency Helicopter Medics** Documentary.
2.20 **24 Hours in A&E**
3.25 **to 3.55** AM **Food Unwrapped**

+1 hour 236/237 | 347 | 125

E4

135/136 830 | 106 | 13 | 122

6.00 AM **Hollyoaks Omnibus**
7.10 FILM **The Cat in the Hat** Fantasy starring Mike Myers. (2003, PG, 82min) ★★★★
8.50 **Married at First Sight Australia** Double bill.
11.50 **The Big Bang Theory**
3.15 PM FILM **Stardust** Fantasy comedy adventure starring Claire Danes and Charlie Cox. A young man enters a magical kingdom to retrieve a falling star. (2007, PG, 127min) ★★★★
5.45 **The Simpsons** Triple bill.
7.05 **The Simpsons** *A Milhouse Divided:* Homer worries about his marriage. **7.35** *Lisa's Date with Density:* Lisa falls for Nelson. **8.05** *Panic on the Streets of Springfield:* Lisa makes an imaginary friend. **8.35** *Mother and Child Reunion:* Lisa makes a decision about college.
9.00 FILM **Terminator: Dark Fate** Sci-fi adventure with Arnold Schwarzenegger, Linda Hamilton and Mackenzie Davis. (2019, 15, 123min) ★★★★
11.25 **Gogglebox**
12.35 AM **Open House: The Great Sex Experiment**
1.40 **Naked Attraction**
2.40 **Modern Family**
3.05 **Ramsay's Kitchen Nightmares USA**
4.40 **to 6.00** AM **Hollyoaks Omnibus**

+1 hour 235/236 | 306 | 30 | 123

Sunday primetime

Sunday

Sky Witness

107 807 110 341 356

6.00 AM **Border Security: Canada's Front Line**
7.00 **Border Security USA**
8.00 **Border Security: America's Front Line** Double bill.
9.00 **Stop, Search, Seize**
10.00 **Caught on Dashcam**
11.00 **Paramedics Australia**
12.00 NOON **The Real A&E**
1.00 PM **Air Ambulance ER** The team race to the rescue of an elderly couple.
2.00 **Nothing to Declare** Ten editions following the work of customs officers in Australia.

9.00 Law & Order: SVU

7 PM **7.00** **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM **8.00** **Nothing to Declare** Double bill of the series accessing the world of national security at Australia's biggest airports.

9 PM **9.00** **Law & Order: Special Victims Unit** *King of the Moon:* 15/22. A man suffering from dementia admits to murder. (S24)

10 PM **10.00** **Matlock** *Friends:* 9/18. Matty's friendship with Olympia clouds her judgement when she takes on Elijah's case. (S1)
11.00 **FBI: International** 7/22. (S2)
12.00 M'T **Law & Order: Organized Crime** 5/22. Stabler discovers Flutura's true role. (S2)
1.00 AM **The Cleaning Lady** (S1)
2.00 **FBI: Most Wanted** 13/22. (S3)
3.00 **to 6.00** AM **Nothing to Declare**

+1 hour 207 310

Sky Atlantic

108/109 808 342 357

6.00 AM **Urban Secrets**
7.10 **Westworld** 4-9/10. (S1)
1.45 PM **True Blood** 7/12. Bill discovers Marnie's plans for the vampires of Bon Temps. **2.50** 8/12. Bill tries to arrange a truce with Marnie. **3.55** 9/12. Debbie plots to ensure Sookie will not steal Alcide's affections. (S4)
5.00 **Homicide: Life on the Street** 4/20. Munch investigates the death of a teenager. **6.00** 5/20. The team investigate a shooting. (S3)

10.05 The Wire

7 **7.00** **Homicide: Life on the Street** *Crosetti:* 6/20. Crosetti is found dead, the victim of what is tentatively ruled as suicide.

8 **8.00** **Homicide: Life on the Street** *The Last of the Watermen:* 7/20. Kay investigates a murder in her home town.

9 **9.00** **Homicide: Life on the Street** *All Through the House:* 8/20. Munch investigates the death of a Santa Claus. (S3)

10 **10.05** **The Wire** *Refugees:* 4/13. Marlo rejects Proposition Joe's offer, and Greggs is assigned a high-profile witness case. (S4)
11.15 **Succession** 9&10/10. (S2)
2.00 AM **The White Lotus** New episode 5/8. Comedy drama set in Thailand. (S3)
3.15 **The Nevers** 4/6. Amalia and her advisers make a list of potential enemies. (S1)
4.15 **to 6.00** AM **Fish Town**

+1 hour 208/209

Sky Max

113/114 813 111 346 361

6.00 AM **Highway Patrol**
7.00 **Magnum P.I.** 17-20/20. (S5)
11.00 **Hawaii Five-0** Five episodes of the drama, including at: **3.00** PM 19/24. A sci-fi fan dressed as a superhero is thrown out of a window. (S1)
4.00 **Grimm** 15/22. Nick and Hank encounter a monster that feeds on human misery. **5.00** 16/22. Nick and Hank track a mysterious Wesen killer. **6.00** 17/22. Rosalee stands on the jury of a Wesen accused of killing his wife. (S2)

9.00 Dorian Grey

7 **7.00** **Grimm** *Volcanalis:* 18/22. Juliette struggles to cope with her lost memories of Nick, repeatedly seeing visions of him. (S2)

8 **8.00** **Freddie Down Under** 2/6. On Australia's east coast, Andrew and Rob spend the night in an unusual camping spot.

9 **9.00** **FILM Dorian Gray** Gothic horror based on Oscar Wilde's novel, starring Ben Barnes and Colin Firth. A hedonistic young gentleman in 1890s London discovers his sins will only show in his portrait hidden in the attic. (2009, 15, 112min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10 **11.00** **Brassic** 4/6. A stranger breaks into the pub. (S2)
12.00 M'T **A League of Their Own US Road Trip** The trio face their final three challenges.
1.00 AM **The Force: Manchester**
2.00 **Road Wars** Double bill.
4.00 **Sun, Sea and A&E: South Africa** Documentary.
5.00 **to 6.00** AM **Bondi Rescue**

ITV2

118 816 115 6 113

6.00 AM **CITV**
9.00 **Totally Bonkers Guinness World Records** Double bill.
9.40 **Love Bites**
10.40 **Deal or No Deal**
12.45 PM **The Masked Singer US**
1.40 **Wheel of Fortune**
2.40 **FILM How to Train Your Dragon 2** Animated sequel with the voice of Jay Baruchel. (2014, PG, 102min) ★★★★
4.35 **FILM Minions** Animated family comedy featuring the voice of Sandra Bullock. (2015, U, 91min) ★★★★

6.25 Shazam!

7 **6.25** **FILM Shazam!** Comedy adventure starring Zachary Levi. Youngster Billy Batson is chosen by the ancient wizard Shazam as his new champion, and receives various superpowers. (2019, 12, 132min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 **9.00** **Family Guy** 7/12. Meg falls for an attractive medical student. **9.30** 8/12. Peter puts out a fire at a restaurant.

10 **10.00** **Family Guy** 9/12. Peter loses his wallet. **10.30** 2/12. Brian and Jillian move in together. **10.55** 3/12. Joe decides to get a leg transplant. (S6)
11.25 **American Dad!** (S3&2)
12.20 AM **The Emily Atack Show** Emily delivers some truth bombs to her friends.
1.05 **Deep Fake Neighbour Wars**
1.35 **World's Funniest Videos**
2.30 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114

ITV3

119 117 10 115

6.00 AM **Never the Twain**
6.30 **Agatha Christie's Poirot**
10.50 **Doc Martin** 5/7. (S3)
11.50 **Inspector Morse**
2.10 PM **Lewis**
4.15 **Agatha Christie's Poirot** *The King of Clubs:* An actor witnesses the murder of a shady producer.
5.20 **Rosemary & Thyme** *Up the Garden Path:* A village's garden contest leads to murder. **6.20** *The Cup of Silence:* A wine critic is murdered at the Crickle Valley vineyard.

8.00 Doc Martin

7 **Rosemary & Thyme** (started at 6.20pm)

8 **8.00** **Doc Martin** *Nowt So Queer:* 6/7. News of Martin and Louisa's engagement spreads through the village. (S3)

9 **9.00** **Belgravia: The Next Chapter** New episode 2/8. The Dunns employ Nell as their maid. (S1) ■ Entire series on ITVX

10 **10.00** **Vera** *Dark Road:* The detective investigates when the body of a woman is found on the Northumberland moors.
11.55 **Unforgotten** 5/6. Lies are uncovered as Mel and Asif are taken into custody. **12.50** AM 6/6. Jess and Sunny finally get the truth from Asif, Marty, Mel and Juliet. (S6)
1.50 **Never the Twain**
2.15 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 180 162 110

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.15 **Sportscene: Premiership Highlights** Recent top-flight action, including Celtic v Rangers.
8.30 **Icons of Football** A profile of former Arsenal and Scotland star Jen Beattie.
9.00 **NEW SERIES Icons of Style** 1/2. Exploring the social, cultural and political history of Scottish fashion.
10.00 **Still Game** 6/6. One of Isa's old flame returns to Craiglang. (S8)
10.30 **The Entertainment Mix** Culture and arts news.
11.00 **Jack Vettriano: What Do Artists Do All Day?** A profile of painter Jack Vettriano.
11.30 PM **to 12.00** M'T **Jack Vettriano: Heaven & Hell – Ex-S** The career of painter Jack Vettriano.

Sky Comedy

114/115 814 112 347 362

8.00 AM **The Conners** (S1)
9.00 **Bored to Death** (S3)
10.00 **Veep** 7&8/8. (S1)
11.10 **The Franchise** (S1)
2.55 PM **Curb Your Enthusiasm** (S4)
6.15 **The Office (US)** 12/25. Jim loses a big investor. **6.45** 13/25. Dwight is tasked with finding a replacement for Jim. **7.15** 14/25. Someone vandalises Pam's warehouse mural. **7.45** 15/25. Erin decides that she is going to break up with Andy. **8.15** 16/25. Andy tries to make Pete and Erin feel uncomfortable. (S9)
9.00 **Sex and the City** (S4)
10.20 **Divorce** 7&8/10. (S1)
11.40 **The Righteous Gemstones** 1/9. (S4)
12.30 AM **George Lopez: The Wall** Stand-up comedy.
1.55 **Flight of the Conchords: Live in London**
3.35 **to 5.00** AM **Avenue 5**

Sky Arts

130/131 826 123 36 143 365

6.00 AM **Cirque du Soleil: Nouvelle Experience**
7.30 **Tales of the Unexpected**
10.00 **Landscape Artist of the Year** Five editions.
3.00 PM **The Alfred Hitchcock Hour**
5.00 **FILM The Pearl of Death** Sherlock Holmes thriller starring Basil Rathbone. (1944, b/w, PG, 69min) ★★★
6.15 **Michael Flatley: Lord of the Dance – Dangerous Games**
8.00 **FILM Kiss Me, Stupid** Billy Wilder's comedy with Dean Martin. (1964, b/w, PG, 124min) ★★★
10.25 **Chuck Berry: The King of Rock n' Roll** Documentary about the legendary musician.
12.10 AM **Buddy Holly: Rave On** The story of Buddy Holly's life and career.
1.30 **Roy Orbison Forever**
2.45 **Berlin Live: Bloc Party**
4.00 **Classic Albums**
5.00 **to 6.00** AM **Music Icons**

Sky Mix

151 135 11 141

6.00 AM **Border Patrol**
8.00 **Madagascar: A Little Wild** Animation.
8.25 **Alvinnn!!! and the Chipmunks** Double bill.
8.50 **Pooch Mooch**
9.00 **Bondi Rescue**
11.30 **Highway Cops**
12.00 NOON **Stop, Search, Seize** Documentary.
1.00 PM **Road Wars**
3.00 **Nothing to Declare**
5.00 **Highway Patrol**
6.00 **Road Wars** Double bill.
8.00 **Nothing to Declare**
9.00 **Britain's Most Evil Killers** British spree killer Daniel Gonzalez. **10.00** Serial killer Geoffrey Evans and his accomplice John Shaw.
11.00 **Snapped** A beloved father is found dead.
12.00 M'T **Caught on Dashcam**
1.00 AM **Brit Cops: Law & Disorder** Documentary.
2.00 **Motorway Patrol**
4.00 **to 6.00** AM **Border Patrol**

ITV Be

131/132 119 28 119

7.30 AM **Unwind**
7.40 **Be Beautiful**
7.55 **Buying the View**
8.20 **The Real Housewives of Jersey** Reality series.
9.25 **Fletchers' Family Farm**
10.25 **Scott's Vacation House Rules** Double bill.
12.15 PM **The Real Housewives of Atlanta**
4.50 **The Only Way Is Essex**
5.50 **Celebrity Dinner Date**
6.50 **FILM Father of the Bride Part II** Comedy sequel starring Steve Martin and Diane Keaton. (1995, PG, 106min) ★★
9.00 **The Only Way Is Essex** New edition It's a new day in Bali and the drama is heating up.
10.00 **The Real Housewives of Cheshire** The retreat is in full swing when things soon turn sour.
11.00 **Vanderpump Rules**
1.10 AM **Be Beautiful**
1.20 **to 1.30** AM **Unwind**

+1 hour 319

GREAT! tv

157 170 50

8.00 AM **Highway to Heaven**
11.00 **Murder, She Wrote**
1.00 PM **Murder, She Wrote** Eight episodes of the drama, including at: **6.00** *School for Murder:* Jessica lectures at a private college. **7.00** *Another Killing in Cork:* Jessica takes a trip to Ireland. **8.00** *Game, Set, Murder:* Jessica helps a teenage tennis player.
9.00 **Murder 101: Locked Room Mystery** Crime drama starring Dick and Barry Van Dyke.
10.55 **The Gourmet Detective: Death Al Dente** Murder mystery starring Dylan Neal.
12.50 AM **The Avengers**
3.00 **Randall and Hopkirk (Deceased)** 7/26. (S1)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 118 26 117

6.00 AM **Motorsport Mundial**
6.30 **Auto Mundial**
7.00 **ITV Football Classics**
8.00 **The Big Match Revisited**
9.00 **EFL Highlights**
10.30 **Made in Britain**
11.00 FILM **The Sea Wolves** World War Two adventure. (1980, PG, 120min) ★★★
1.35 PM **Sharpe**
3.50 FILM **The Man with the Golden Gun** Spy adventure. (1974, PG, 125min) ★★
6.30 **Cycling: Paris-Nice Highlights** Action from the final stage.

10.20 Football: EFL Cup Highlights

7.30 LIVE **Football: LaLiga** Atletico Madrid v Barcelona: Coverage of the Spanish top-flight match from Riyadh Air Metropolitano. Atletico claimed a 2-1 away win in December's reverse fixture, with goals from Rodrigo de Paul and Alexander Sorloth helping them to come back from behind after Pedri had given Barca the lead. Kick-off is at 8.00.

10.20 **Football: EFL Cup Highlights** Action from the final between Liverpool and Newcastle United at Wembley Stadium.
11.05 FILM **Death Wish 3** Vigilante action thriller sequel starring Charles Bronson. (1985, 18, 90min) ★
12.45 AM **Giant Lobster Hunters** Myles has a shocking final shot.
1.45 **Minder**
2.40 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 836 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: Deep Space Nine** Five episodes, including at: **3.00** PM 4/26. Captain Sisko and the crew compete in a baseball challenge. (S7)
4.00 **Stargate SG-1** 19/20. Vala contacts Stargate Command with some startling news. **5.00** 20/20. The team try to halt the Ori invasion. (S9) **6.00** 1/20. Vala's rapidly aged daughter Adria is proclaimed the new leader of the Ori. (S10)

9.00 Post Impact

7.00 **Stargate SG-1** *Morpheus:* 2/20. Adria's promotion to leader of the Ori sends shockwaves through the Gate Room.

8.00 **Stargate SG-1** *The Pegasus Project:* 3/20. Daniel and Vala visit Atlantis hoping to find the Sangraal. (S10)

9.00 FILM **Post Impact** Sci-fi adventure starring Dean Cain, Bettina Zimmermann and Joanna Taylor. A comet strikes the Earth and the explosion brings about a new Ice Age. (2003, 15, 91min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.00 **Grimm** 2/22. Adalind continues her quest to regain her powers, while Monroe, Hank, Rosalee and Juliette try to track down Nick. **12.00** M'T 3/22. Nick and Hank investigate when people mysteriously explode. (S3)
1.00 AM **Grimm** 4-6/22. (S3)
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 809 114 343 358

7.15 AM **Murdoch Mysteries** (S10)
10.00 **Inspector George Gently**
12.00 NOON **Father Brown**
4.00 PM **Shakespeare & Hathaway: Private Investigators** 7/10. The duo investigate a suspicious death among a team of actors. **5.00** 8/10. Frank and Lu look into allegations of paranormal activity. (S4)
6.00 **Death in Paradise** 6/9. Part two of two. Neville probes the murder of concert pianist Pasha Verdinikov. (S10)

7.00 Hudson & Rex

7.00 **Hudson & Rex** *Rexpert Witness:* 9/20. Sarah's testimony is challenged by a former rival in court.

8.00 **Hudson & Rex** *10-One Wild Night:* 10/20. The maid-of-honour winds up dead following a bachelorette party. (S5)

9.00 **Death in Paradise** *Somewhere in Time:* 7/9. The host of a fishing trip is found harpooned on a beach. (S10)

10.00 **Miss Scarlet** 2/6. Eliza is tasked with solving the murder of a high-profile detective with a closet full of skeletons. (S5)
11.00 **The Red King** 2/6. After a body is discovered, Grace is convinced something sinister is at play. (S1)
12.00 M'T **My Life Is Murder** (S3)
1.00 AM **Father Brown**
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 810 124 344 359

7.00 AM **Only Fools and Horses**
1.15 PM **Only Fools and Horses** Nine episodes, including at: **4.40** Uncle Albert falls into the pub cellar at the Nag's Head, but turns his injury into a profit-making opportunity. **5.20** Rodney aspires to be a pop star, but Del Boy manages to ruin his chances. **6.00** The Trotters agree to dog-sit while Boycie and Marlene go on holiday. **6.40** Del Boy pays a stripper to attend a party at the Nag's Head with Rodney.

9.20 Billy Connolly Does...

7.20 **Only Fools and Horses** Del Boy spots a chance to make a quick profit involving Denzil's redundancy money.

8.00 **Only Fools and Horses** Del Boy encounters an old flame from almost 20 years previously. **8.40** The Trotters attend Grandad's funeral – and encounter a certain long-lost seafaring uncle.
9.20 **Billy Connolly Does...** Billy ponders the best approach to growing old, and discusses his health scares and Parkinson's.
10.20 **Dad's Army** The platoon boost their fighting strength by acquiring an armoured car.
11.00 **Billy Connolly Does...** Billy discusses everything from bedroom politics to the race to conquer space.
12.05 AM **Only Fools and Horses**
3.05 **to 4.00** AM **Billy Connolly Does...**

+1 hour 210/211 324

U&Dave

111/112 811 127 19 157

7.20 AM **World's Most Dangerous Roads** From Bhutan.
8.10 **Storage Hunters UK**
8.40 **World's Most Dangerous Roads** From Guatemala.
9.40 **Speed with Guy Martin**
10.40 **Top Gear** Double bill.
12.40 PM **Storage Hunters UK**
2.40 **Rick Stein's Cornwall**
4.40 **Motorhoming with Merton & Webster** Paul Merton and Suki Webster visit Snowdonia.
5.40 **Mediterranean with Simon Reeve** Simon heads to Malta, southern Italy and Albania.

8.00 Speed with Guy Martin

6.40 **Highland Cops** Officers are tipped off about a Skye resident suspected of possessing an illegal weapon.

8.00 **Speed with Guy Martin** Guy attempts to ride the world's fastest gravity-powered sled.

9.00 **Have I Got a Bit More News for You** Jon Richardson hosts the satirical quiz, with Joan Bakewell and Phil Wang.

10.00 **QI** With guest panellists Rob Brydon, Cal Wilson and Phill Jupitus.
10.35 **Mock the Week** With Angela Barnes, Rhys James and Josh Pugh.
11.20 **Mock the Week** With Glenn Moore, Jen Brister, Laura Lexx, Rhys James and Ahir Shah.
12.00 M'T **Red Dwarf**
2.00 **to 4.00** AM **Meet the Richardsons**

+1 hour 211/212 327 74

Sunday

7 PM **8 PM** **9 PM** **10 PM**

4seven

137/138 143 49 127

9.00 AM **Four in a Bed**
2.00 PM **Location, Location, Location** Double bill.
4.00 **A Place in the Sun**
7.00 **The Dog House** A girl with Tourette's needs a special pup to stand by her side. **8.00** When it comes to dating etiquette, Breeze the American bulldog cross leaves a lot to be desired when he meets 31-year-old Charlotte.
9.00 **Gogglebox** Opinions on recent TV programmes.
10.00 **Celebrity Gogglebox** Famous faces appraise *The Piano, The Sky at Night, Celebrity Bridge of Lies* and *Bridgerton*.
11.05 **Open House: The Great Sex Experiment**
12.05 AM **8 Out of 10 Cats Does Countdown**
1.10 **Gogglebox**
2.15 **Top Guns: Inside the RAF** Documentary.
3.15 **to 4.45** AM **Guy Martin: Top Gun**

5USA

141/169 120/162 21 129

9.00 AM **Entertainment News**
9.10 **Blue Bloods** (S2)
1.05 PM **NCIS** Nine episodes of the series, including at: **6.00** *Reunion:* 2/24. Gibbs and his team investigate the bizarre death of a Marine and two of his friends. **7.00** *The Inside Man:* 3/24. A blogger who accused the NCIS of a cover-up is found dead. **8.00** *Good Cop, Bad Cop:* 4/24. The team investigate the death of a Marine off the coast of Tanzania. (S7) **9.00** *Heartless:* 8/10. NCIS team look for a motive behind the kidnapping and death of a famous surgeon. (S21)
10.00 **Law & Order: Special Victims Unit** (S17&16)
1.55 AM **Law & Order** (S23)
2.50 **The Good Wife** (S1)
3.35 **to 4.00** AM **Motorway Patrol**

+1 hr 241/269 320/362 130

5STAR

128/129 126 32 131

8.00 AM **Rogue Claimers**
1.00 PM **Traffic Cops**
5.00 **Police Interceptors** Four editions of the series, including at: **8.00** A drink-driver damages one of the team's favourite cars.
9.00 **999: Critical Condition** A 52-year-old is rushed in after a head-on collision with a bus.
10.00 **Prodigal Son** *The Trip:* 5/20. The police investigate a homicide they assume is linked to a drug cartel. **11.00** *All Souls and Sadists:* 6/20. Malcolm focuses on the repressed memories from his childhood psyche. (S1)
12.00 M'T **Dexter** (S3)
2.10 AM **Traffic Cops**
3.00 **Casualty 24/7: Every Second Counts**
3.50 **to 4.00** AM **Entertainment News**

+1 hour 228/229 326 140

5Action

150 130 33 132

9.00 AM **Trucking Hell**
2.00 PM FILM **Star Trek: First Contact** Sci-fi adventure with Patrick Stewart, Brent Spiner and Alice Krige. (1996, 12, 110min) ★★★★
4.15 FILM **Gunsmoke!** Western starring Audie Murphy, Susan Cabot and Paul Kelly. (1953, U, 79min) ★★
6.00 FILM **One-Eyed Jacks** Psychological Western directed by and starring Marlon Brando. (1961, PG, 141min) ★★★
9.00 FILM **Lock Up** Action drama starring Sylvester Stallone and Donald Sutherland. (1989, 18, 106min) ★★
11.15 FILM **To End All Wars** War drama with Robert Carlyle and Kiefer Sutherland. (2002, 15, 112min) ★★★★
1.40 AM **Police Interceptors**
2.40 **to 4.00** AM **Trucking Hell**

U&W

132/133 827 125 25 156

6.10 AM **Tipping Point**
11.00 **My Family**
3.05 PM **Outnumbered** Six episodes, including at: **5.05** Ben shows prospective buyers around the house. **5.45** Auntie Angela introduces her new husband to the family. **6.25** Sue and Pete try to resolve their differences.
7.00 **Inside the Ambulance** Paramedics race to a lorry driver with a branch through his windscreen. **8.00** A woman is trapped in her car after a crash.
9.00 **Inside the Operating Theatre** Double bill.
11.00 **Brit Cops Down Under**
12.00 M'T **The School That Tried to End Racism Australia** Documentary.
1.00 AM **Million Dollar Wedding Planner**
1.50 **to 3.00** AM **Alex Jones: Making Babies**

+1 hour 232/233 325

U&Drama

143 116 20 158

7.00 AM **The Bill**
11.55 **Lark Rise to Candleford**
2.35 PM **Catherine Cookson's The Fifteen Streets** Period drama.
4.55 FILM **Escape from Sobibor** World War Two drama with Alan Arkin. (1987, 15, 143min) ★★
8.00 **Sister Boniface Mysteries** *St George's Defence:* 5/12. Sister Boniface and her father investigate suspicions of espionage at a chess tournament. (S2)
9.00 **Silent Witness** *Seven Times:* The body of a woman is found on train tracks in London, and the post-mortem stirs up troubling memories from Nikki's childhood.
11.15 **Whitstable Pearl** (S1)
12.20 AM **The Marlow Murder Club**
2.20 **to 4.00** AM **The Brokenwood Mysteries**

+1 hour 243 316 60

Really

142 128 17 145

6.00 AM **Celebrity Fantasy Homes** Shane Lynch looks for a rural property.
7.00 **Teleshopping**
8.00 **Celebrity Fantasy Homes** Michelle Collins searches for a property in north London.
9.00 **Fantasy Homes by the Sea** From Cornwall.
10.00 **My Dream Derelict Home in the Sun**
12.00 NOON **Who Do You Think You Are?**
2.00 PM **Long Lost Family**
3.00 **A Place in the Sun**
7.00 **Helicopter ER** The crew attempt to reach a man who has fallen off a cliff. **8.00** The crew help an 85-year-old farmer.
9.00 **Dr Pimple Popper**
12.00 M'T **Help! My House Is Haunted** Double bill.
2.00 AM **Teleshopping**
4.00 **Celebrity Fantasy Homes** As 8.00pm.
5.00 **to 6.00** AM **Fantasy Homes by the Sea**

Challenge

145 139 48 142

7.00 AM **The Bidding Room**
10.00 **The Crystal Maze**
11.00 **Play Your Cards Right**
12.00 NOON **Dickinson's Real Deal** From Bristol.
1.00 PM **Lily Savage's Blankety Blank**
3.00 **Through the Keyhole** Double bill of editions.
4.00 **Cash Trapped** Quiz hosted by Bradley Walsh.
5.00 **The Chase Celebrity Special** With Matthew Wolfenden, Lesley Joseph, Greg Rutherford and Chris Kamara. **6.00** With Jonathan Ross, Katy Brand, Chris Hollins and Jo Wood.
7.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
9.00 **The Family Chase** The O'Hares from Liverpool take part in quiz show.
10.00 **The Chase** Six editions.
4.00 AM **The Chase Celebrity Special**
5.00 **to 6.00** AM **The Chase**

GREAT! action

323 426 42

8.00 AM **The Panzer**
9.00 **War Machines**
10.10 **FILM Twelve O'Clock High** Drama. (1949, b/w, U, 132min) ★★★★★
1.00 PM **Wanted: Dead or Alive** Double bill.
2.00 **FILM The Canadians** Western adventure. (1961, U, 85min) ★★
4.00 **FILM The Comancheros** Western drama. (1961, PG, 102min) ★★★
6.25 **FILM North to Alaska** Western adventure. (1960, U, 122min) ★★★
9.00 **FILM McLintock!** Comedy Western starring John Wayne. (1963, U, 127min) ★★★
11.45 **FILM American Siege** Thriller with Bruce Willis. (2021, 15, 91min) ★★
1.45 AM **FILM Stormageddon** Fantasy. (2015, PG, 90min) ★★
3.30 **to 5.00** AM **Wild West Chronicles**

+1hour 324

GREAT! movies

321 425 34

9.10 AM **FILM Final Recourse** Thriller. (2013, PG, 91min) ★★
11.10 **FILM Her Son's Deadly Secret** Crime thriller. (2018, PG, 87min) ★★
1.10 PM **FILM Maid in Manhattan** Romantic comedy. (2002, PG, 105min) ★★★
3.25 **FILM Cast Away** Survival drama. (2000, 12, 143min) ★★★★
6.20 **FILM The Terminal** Comedy drama. (2004, 12, 129min) ★★★★
9.00 **FILM Jerry Maguire** Comedy drama. (1996, 15, 139min) ★★★★
11.55 **FILM Playing It Cool** Romantic comedy. (2014, 15, 91min) ★★
2.05 AM **FILM Deadly Hack** Suspense thriller. (2018, 12, 86min) ★
4.00 **to 6.00** AM **FILM Grandma Dearest** Thriller. (2020, PG) ★★

+1hour 322

GREAT! romance

319 424 52

8.00 AM **FILM Love Knots** Comedy. (2021, PG) ★★
10.00 **FILM The Story of Us** Comedy. (2019, PG) ★★
11.55 **FILM The Soulmate Search** Romantic drama. (2024, PG, 89min) ★★
2.05 PM **FILM Loving Every Minute** Fantasy drama. (2022, U, 86min) ★★
4.00 **FILM The Clue to Love** Drama. (2021, U) ★★
6.05 **FILM Let Love Grow** Romantic drama. (2023, U, 90min) ★★
8.00 **FILM Zoe's Having a Baby** Comedy drama. (2023, U, 90min) ★★
10.00 **FILM The Baby Proposal** Comedy. (2019, PG, 89min) ★★
12.00 M'T **FILM Love, Bubbles & Crystal Cove** Drama. (2021, PG, 85min) ★★
1.55 AM **Highway to Heaven**
3.00 **to 5.00** AM **FILM Strawberry Summer** Drama. (2012, U) ★★

+1hour 320 63

Rewind TV

182 95

6.00 AM **Flash Gordon's Trip to Mars**
7.15 **Flash Gordon: Space Soldiers** 1/13. (S1)
7.40 **Roobarb**
7.45 **Auto Rewind**
8.00 **Watching** 2-6/8. (S2)
10.30 **Bewitched** (S1)
1.00 PM **From Here to Eternity** 3/3. (S1)
3.00 **Hancock** 6/13. (S1)
3.30 **Tracing the Rails**
4.00 **Walking Westward**
4.30 **Bust** 4/6. (S2)
5.30 **Married... with Children**
7.00 **Fantasy Island** (S1)
8.00 **Police Woman** (S1)
9.00 **Dark Skies** 3&4/20. (S1)
11.00 **From Here to Eternity**
1.00 AM **Bubblegum & Cheese** Pop music.
2.00 **Monkey** 26/26. (S1)
3.00 **Police Woman** (S1)
4.00 **That's My Dog**
4.30 **Hancock** 6/13. (S1)
5.00 **Tracing the Rails**
5.30 **to 6.00** AM **Walking Westward**

DMAX

159 169 39 147

6.00 AM **Alaskan Bush People** Four editions.
10.00 **Junkyard Empire**
2.00 PM **Wheeler Dealers**
7.00 **Expedition Bigfoot** Russell is unnerved by a gruesome discovery. **8.00** The team uncover a potential Bigfoot kill zone and launch a squadron of drones.
9.00 **Paranormal: Caught on Camera** A store is plagued by an evil entity. **10.00** A creature that tormented an Australian man's childhood is back.
11.00 **Expedition X** Jess hunts for a legendary creature known as Yacumama. **12.00** M'T Reports of a sea monster said to be attacking Bahamians.
1.00 AM **In Search of Monsters** Documentary.
2.00 **Teleshopping**
5.00 **to 6.00** AM **Baggage Battles**

+1hour 259 369 153

Food Network

140/141 190 43 148

6.00 AM **Man v Food with Casey Webb**
11.00 **James Martin's United Cakes of America**
3.00 PM **The Great British Bake Off** Six editions of the series, including at: **6.00** From 2011. Twelve home-cooks compete to be named Britain's best amateur baker. **7.00** The 11 remaining bakers make a quiche. **8.00** The contestants test their bread-making.
9.00 **Jamie's Great Britain** Jamie Oliver explores the origins of the nation's favourite dishes. **10.00** Jamie samples Persian-inspired lamb in Yorkshire. **11.00** Jamie samples classic Italian home cooking in south Wales. **12.00** M'T Jamie visits a Leicester curry house.
1.00 **to 3.00** AM **Cake Boss**

+1hour 240/241 154

Legend

148 149 41 137

7.00 AM **The Twilight Zone**
8.00 **FILM Meteor Moon** Sci-fi action adventure. (2020, PG, 80min) ★★
10.00 **Six Million Dollar Man**
3.00 PM **FILM Invasion of the Body Snatchers** Director Don Siegel's sci-fi chiller. (1956, b/w, PG, 80min) ★★★★★
4.45 **FILM Island of Terror** Sci-fi horror. (1966, PG, 90min) ★★★
6.40 **FILM At the Earth's Core** Sci-fi adventure. (1976, PG, 86min) ★★★
8.30 **The Twilight Zone** (S3)
9.00 **FILM The Wild Geese** Action adventure. (1978, 15, 134min) ★★★
11.35 **FILM The Fog** John Carpenter's thriller. (1979, 15, 90min) ★★★
1.25 AM **FILM Red Sonja** Fantasy adventure. (1985, 15, 89min) ★
3.15 **to 5.00** AM **FILM The Black Torment** Horror. (1964, 15, 85min) ★★★

Legend Xtra

317 171 69 138

6.00 AM **FILM Moby Dick** Action adventure. (2010, 12, 87min) ★★
8.00 **FILM Boot Hill** Comedy. (1969, PG, 91min) ★★
10.00 **FILM Airplane vs Volcano** Disaster movie. (2014, 15, 91min) ★
12.00 NOON **FILM Monster Hunters** Action thriller. (2020, 15, 88min) ★
2.00 PM **FILM Meteor Apocalypse** Adventure. (2010, 15, 90min) ★
4.00 **Star Trek** 18-22/26. (S2)
9.00 **FILM The Creature Walks Among Us** Thriller sequel starring Jeff Morrow. (1956, b/w, PG, 75min) ★★
10.35 **FILM The Abominable Snowman** Chiller with Peter Cushing. (1957, b/w, 12, 91min) ★★
12.20 **to 3.00** AM **FILM The Negotiator** Thriller with Samuel L Jackson. (1998, 15, 140min) ★★★★

+1hour 318 371 139

Blaze

164 174 64 161

6.00 AM **Alien Files: Unsealed**
6.45 **The Proof Is Out There: Alien Edition**
9.40 **Alien Disclosure Files**
10.40 **Ancient Aliens**
12.40 PM **Top 25 Alien Encounters: UFO Case Files Exposed**
2.00 **UFOs: The Lost Evidence** Four editions.
6.00 **Beyond Skinwalker Ranch** A return to the ranch Robert Bigelow owned at the same time as Skinwalker.
7.00 **Curse of Skinwalker Ranch** A helicopter experiment hopes to uncover the truth behind UFO sightings.
8.00 **The Proof Is Out There** An examination of UFO revelations.
9.00 **UFO Encounters UK**
11.00 **Weird Britain: UFO Special** Documentary.
12.00 M'T **UFOs Declassified**
2.00 **to 6.00** AM **UFOs: The Lost Evidence**

5SELECT

153 138 46 133

9.00 AM **Electric Cars: Shop Smart, Save Money**
10.00 **Air Fryers: Batch Cooking Made Easy**
11.00 **Columbo** Five episodes of the drama, including at: **4.30** PM *Lovely but Lethal:* A chemist working for a cosmetics company is murdered. **6.00** *Murder – A Self Portrait:* The shabby sleuth gathers evidence against a famous painter who killed his ex-wife.
8.00 **Tommy Cooper: 30 Funniest Moments** A look at memorable sketches and routines.
10.00 **The Greatest TV of the '70s** Featuring *The Two Ronnies, Fawlty Towers* and *The Good Life*.
12.00 M'T **Harrods: The Rise & Fall of a British Institution**
1.00 AM **The Madame Blanc Mysteries** 4-6/7. (S2)
3.50 **to 4.00** AM **Entertainment News**

HGTV

158 191 44 149

7.00 AM **My Lottery Dream Home International**
8.30 **My Lottery Dream Home** Triple bill.
10.00 **A Place in the Sun**
12.00 NOON **Derelict Rescue** After years living in London, Rob and Ashley are returning to the country to transform an abandoned barn. **1.00** PM David and Aga plan to convert a run-down Methodist chapel into a unique, upside-down home.
2.00 **Escape to the Country** Six editions of the property series in which people search for their ideal rural retreats.
8.00 **A Place in the Sun** Five editions of the property series featuring advice on buying a second home abroad.
1.00 **to 4.00** AM **Bargain Mansions**

+1hour 258/262 391

TLC

133/134 828 165

7.00 AM **Curvy Brides Boutique** Reality series.
8.00 **Say Yes to the Dress with Tan France**
10.00 **Outdaughtered: Busby Quints**
12.00 NOON **Extreme Couponing** Double bill.
1.00 PM **My 600lb Life**
5.00 **sMothered**
6.00 **Sister Wives**
6.30 **Say Yes to the Dress: Atlanta** Reality series.
7.00 **Good Bones**
8.00 **I am Shauna Rae**
9.00 **Baylen Out Loud** Allen and Julie worry that Baylen's tics are getting worse.
10.00 **Love Off the Grid**
11.00 **Sex Sent Me to the ER**
12.00 M'T **Body Bizarre**
1.00 AM **Extreme Couponing**
2.00 **Dr Pimple Popper**
4.00 **The Bad Skin Clinic**
5.00 **to 6.00** AM **Curvy Brides Boutique**

+1hour 233/234 365

Comedy Central

112/113 812 132 345 360

8.00 AM **Whose Line Is It Anyway? USA**
11.00 **Friends** 5-20/24. (S1)
7.00 PM **Friends** 21/24. Ross's pet monkey reaches puberty. **7.30** 22/24. Monica dates a high-school senior. **8.00** 23/24. Carol finally gives birth. **8.30** 24/24. Chandler lets slip about Ross's feelings for Rachel. (S1)
9.00 **FILM Vacation** Comedy sequel with Ed Helms and Christina Applegate. (2015, 15, 95min) ★★
11.00 **Utopia** 7&8/8. (S1)
12.10 AM **Michael McIntyre: Live & Laughing**
1.10 **Michael McIntyre's Very Christmassy Christmas Show**
2.10 **South Park** (S5)
3.10 **Modern Horror Stories**
3.25 **Whose Line Is It Anyway? USA**
4.15 **to 5.00** AM **Guessable?**

+1hour 212/213 332

Comedy Cen. Extra

127/128 154

6.00 AM **Home Improvement**
7.00 **Teleshopping**
9.00 **Home Improvement**
11.00 **Criminally Funny**
7.00 PM **Whose Line Is It Anyway? USA**
9.00 **Friends** 8/24. Tag spends Thanksgiving with the gang. **9.30** 9/24. Monica tries to buy her neighbours' friendship. **10.00** 10/24. Ross dresses as an armadillo to entertain Ben. **10.30** 11/24. Monica turns up uninvited at her cousin's wedding. (S7)
11.00 **Friends** (S7&8)
2.00 AM **Impractical Jokers**
3.00 **The Roast of Roseanne Barr** A comedy tribute to the sitcom star.
4.10 **Fin Taylor: Comedy Central Live** Stand-up.
4.30 **Rob Beckett's Undeniable**
5.15 **to 6.00** AM **Home Improvement**

Sky Replay

152 156

7.00 AM **Highway Cops**
10.00 **Four Weddings**
12.00 NOON **Nothing to Declare** Four editions.
2.00 PM **The Ark** *Like It Touched The Sun:* 2/12. The water crisis worsens. **3.00** *Get Out And Push:* 3/12. The crew discover an asteroid hours away from impact. **4.00** *We Weren't Supposed to Be Awake:* 4/12. The crew experience a series of extreme hallucinations. **5.00** *One Step Forward Two Steps Back* 5/12. A radiation leak sparks a crisis on the ship. **6.00** *Two By Two:* 6/12. The crew devise a plan to retrieve fuel. (S1)
7.00 **Sun, Sea and A&E**
12.00 M'T **A League of Their Own Road Trip: Dingle to Dover** Triple bill.
3.00 **to 6.00** AM **Four Weddings**

MTV

126/127 824 134

6.00 AM **Daria** 6/13. (S3)
6.20 **16 and Pregnant**
7.10 **Teen Mom: The Next Chapter** Double bill.
9.00 **Dallas Cowboys Cheerleaders**
1.00 PM **Catfish: The TV Show** Triple bill.
4.00 **Catfish: Repeat Offenders** Reality show.
5.00 **Catfish: The TV Show**
8.00 **Catfish: Repeat Offenders** Whitney met Brenell on a website four years ago and is head-over-heels in love.
9.00 **Teen Mom: The Next Chapter** Jade throws Kloie a birthday party.
10.00 **Help! I'm in a Secret Relationship!** Delon and Nikki reconnect after 17 years apart.
11.00 **Geordie Shore**
12.00 M'T **The Challenge: All Stars** Reality series.
1.00 AM **True Life Crime UK**
2.00 **Catfish: The TV Show**
3.35 **to 4.00** AM **Teen Cribs**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 823 177 320 325

6.00 AM **Wheeler Dealers**
7.00 **Wheeler Dealers: Dream Car**
8.00 **Wheeler Dealers**
11.00 **Wheeler Dealers World Tour**
12.00 NOON **Alaska: Homestead Rescue** Triple bill, including at: **4.00** PM In the Tennessee mountains, the Raneys construct a massive yurt.
6.00 PM **Border Control: Europe** The Spanish Civil Guard make a shocking discovery when they search an empty van. **6.30** Officers search a suitcase with a horrible stench.

7.00 Alaska: Homestead Rescue

7.00 **Alaska: Homestead Rescue** New edition Marty responds to a new call for help from the Welchels, who are struggling to manage their 40-acre homestead after their ranch hand left.
9.00 **Marooned with Ed Stafford** Ed struggles to survive in the savannah and dense jungles along Colombia's Orinoco River.
10.00 **Mega Shippers** It's a race against time as six massive container cranes have to be loaded in three days.
11.00 **Texas Metal** Bill and his team fabricate a custom hot rod wrecker truck unlike any other. Plus, they take the stock out of a 2023 GMC Denali with a custom lift.
12.00 M'T **Naked and Afraid**
4.00 **to 5.00** AM **How Do They Do It?**

+1 hour 225/226 377

Animal Planet

162/175 178

8.00 AM **Tanked**
9.00 **How Do Animals Do That?**
10.00 **My Cat from Hell**
11.00 **Animal Cops Philadelphia**
12.00 NOON **Tanked**
1.00 PM **Pit Bulls & Parolees**
2.00 **Meet the Orangutans**
3.00 **Meet the Penguins**
4.00 **My Cat from Hell** Room-mates whose cats will not stop attacking each other.
5.00 **Animal Cops Philadelphia** An illegal cock-fighting ring.
6.00 **Tanked** Brett and Wayde build Ludacris a tank for exotic fish.

10.00 Edge of Alaska

7.00 **Pit Bulls & Parolees** Tia feels overwhelmed by work, so she hires three new parolees to help out.
8.00 **Celebrity Animal Encounters** With Lauren Lapkus and Perez Hilton. **8.30** With Tricia Helfer and Tiffani Thiessen.
9.00 **Crikey! It's the Irwins** Bindi and the family plan an emotional surprise for Terri in the Crocoseum. Plus, Robert gets stuck in.
10.00 **Edge of Alaska** The spring break-up is starting to occur, and Neil aims to start construction on the renovation of the mine.
11.00 **Monster Croc Invasion** Human deaths caused by crocodiles in Costa Rica.
12.00 M'T **Saba and the Rhino's Secret** The black rhino.
1.00 AM **Edge of Alaska**
2.00 **My Cat from Hell**
3.00 **Animal Cops Philadelphia**
4.00 **to 5.00** AM **Tanked**

+1 hour 262/275 378

Nat Geographic

129/130 825 183

8.00 AM **Food Factory**
9.00 **Ice Road Rescue**
11.00 **Air Crash Investigation**
1.00 PM **Plane Crash Recreated**
2.00 **Hitler the Junkie**
3.00 **Hitler's Last Stand: Medal of Honor** Series highlights.
4.00 **World War II: Secrets from Above** The battle to destroy the Nazi battleship *Bismarck*.
5.00 **World War II: The Apocalypse** Slave labour in Nazi-occupied France. **6.00** A look back at battles in Asia, Stalingrad and Egypt.

9.00 Two Million Year Old Boy

7.00 **Mutant Weather** The stories of citizens most urgently affected by the melt in Alaska, as they face becoming refugees.
8.00 **Mysterious Islands** New edition Explorers discover the troubled history of Japan's Battleship Island.
9.00 **Two Million Year Old Boy** The story of the 2008 discovery of a boy's skeleton in the Malapa caves near Johannesburg.
10.00 **Ancient Egypt: Riches and Rulers** Archaeologists in Egypt's Valley of the Nobles uncover ancient mummies and artefacts.
11.00 **Drain the Oceans: Secrets of the Spanish Armada** A secret discovered in the wrecks.
12.00 M'T **Air Crash Investigation**
2.00 AM **Made in a Day**
2.55 **Food Factory USA**
3.45 **Bid & Destroy** Double bill.
4.35 **to 5.00** AM **Exotic Animal ER: Double Dose**

+1 hour 229/230 383

Sky History

123/124 821 131 353 368

6.00 AM **Auction Kings**
7.00 **Pawn Stars** Triple bill.
10.00 **Storage Wars** Eight editions.
2.00 PM **Ancient Murders Unearthed** A look into the story of the Rosemarkie Man. **3.00** Revisiting the story of Ötzi the Iceman. **4.00** An 800-year-old partial skeleton is analysed. **5.00** The death of a 14th-century warlord. **6.00** Rod Demery and Turi King investigate an Iron Age victim so well-preserved that he seems to be sleeping.

2.00 Ancient Murders Unearthed

7.00 **Ultimate Mysteries** The hunt for the Civil War Gold and $1.5million taken in the Plymouth Mail robbery of 1962.
8.00 **Ultimate Mysteries** The mystery of labour union leader Jimmy Hoffa's disappearance of 1975.
9.00 **Hitler's Handmaidens** The fanatical women who trained Hitler in the methods of high society to launch him to power.
10.00 **Hitler's Handmaidens** How several of Hitler's lovers died in mysterious circumstances.
11.00 **Container Wars** Matt gambles on a container he thinks will make him rich. **11.30** Uzi and Schlomi make a risky gamble in the series biggest auction to date.
12.00 M'T **Storage Wars**
4.00 **to 6.00** AM **Ultimate Mysteries**

+1 hour 223/224 331

U&Yesterday

155 846 129 27 159

6.10 AM **Great Canal Journeys**
8.00 **Canal Boat Diaries**
11.00 **Antiques Roadshow**
1.00 PM **The Americas with Simon Reeve** Triple bill.
4.00 **Cop Car Workshop** An old patrol car turns up in the Czech Republic. **5.00** John and Dave get rid of unwanted skips and trailers.
6.00 **Porridge** The inmates are horrified to discover there is a thief at large in the prison. **6.40** Fletch decides to sort out Godber's torrid love life.

6.00 Porridge

7.20 **Porridge** The inmates take advantage of the relaxed atmosphere – and of Barrowclough – with Mackay away on holiday.
8.00 **Antiques Roadshow** The team return to the V&A Dundee design museum, where items include a self-pouring teapot.
9.00 **Antiques Roadshow** Fiona Bruce hosts from the National Botanic Garden of Wales in Carmarthenshire.
10.00 **Bangers & Cash** Derek collects a Triumph TR8 from Kirkby Stephen East Railway Station, with a free engine ride thrown in.
11.00 **Dream Car Fixers** Peter and Sheldon take on an automatic Reliant Scimitar GTE.
12.00 M'T **Canal Boat Diaries** Robbie Cumming discovers a mysterious message in a bottle on the Ashby Canal.
1.00 **to 3.00** AM **Canal Boat Diaries**

+1 hour 255 329

Sunday

7 PM

8 PM

9 PM

10 PM

Quest

144 834 137 12 150 144

6.00 AM **Combat Dealers**
8.00 **Find It, Fix It, Flog It**
12.00 NOON **Salvage Hunters: The Restorers**
2.00 PM **The Repair Shop**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **The Derbyshire Auction House**
8.00 **The Repair Shop** Items include a satchel owned by a prisoner of war. **9.00** Amanda and Julie restore and revive a beloved childhood bear. **10.00** The team restore an RAF mascot teddy and a camel saddle. **11.00** The team take on the restorations of a toy cannon, a novelty inkwell and a broken statue.
12.00 M'T **Salvage Hunters: The Restorers**
2.00 AM **NASA's Unexplained Files**
4.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151

Quest Red

149 168 40 146

6.00 AM **Say Yes... UK**
7.00 **Say Yes... Lancashire**
8.00 **Say Yes... Atlanta**
9.00 **Say Yes to the Dress**
12.00 NOON **FBI Files**
3.00 PM **Caught in the Net**
7.00 **Caught in the Net** Digital evidence reveals the secrets of a monster. **8.00** Police suspect foul play when widow Valena Shepherd is found dead at home.
9.00 **Patty Hearst: Crimes That Changed Us** In the 1970s, a radical group kidnap and brainwash heiress Patty Hearst.
10.00 **A Killer's Mistake** Savannah Paschal's husband makes a deadly decision when she tries to leave.
11.00 **Faking It: Tears of a Crime** Triple bill.
2.00 AM **Murder Comes to Town** George Jodoin.
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 152

True Crime

146 148 67 135

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
6.05 **Citizen Detective**
7.00 **Bloodline Detectives** A young woman is found covered in blood by the side of the road.
8.00 **Murder She Solved** Detective Tracy Gerrish discusses an intense and chilling investigation.
9.00 **Murder UK** Raneem Oudeh faced threats when she learned her husband was married. **10.00** Entrepreneur Nat Fraser's odd behaviour raises suspicion.
11.00 **Real Detective** The case of the rape and murder of a young girl. **12.00** M'T The case of a little girl found in a ditch near the Houston Bayou.
1.00 AM **Murder UK**
3.00 **Donal MacIntyre's Murder Files**
4.00 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 172 68 134

9.00 AM **A Stranger in My Home** Five editions.
2.00 PM **Medical Detectives** How a gun without a serial number was traced. **2.30** Officers struggle to catch a murderer when evidence is lost. **3.00** How the FBI identified a serial killer. **3.30** A girl's body is discovered 10 days after she disappeared. **4.00** The hunt for a Philadelphia rapist. **4.30** A woman about to testify against her attacker is murdered.
5.00 **Evidence of Evil** When the body of a child is found, Boston State Police have no leads.
6.00 **Judge Judy** Real-life small-claims cases.
12.15 AM **Judge Judy**
2.00 **Wrongly Accused**
4.00 **Citizen Detective**
4.50 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 820 121 349 364

6.00 AM **Motorway Patrol**
9.00 **Brit Cops: Law & Disorder** Documentary.
10.00 **Stop, Search, Seize**
11.00 **Britain's Most Evil Killers** Stuart Campbell.
12.00 NOON **Killer in My Village** Mika Cudworth.
1.00 PM **How I Caught the Killer** Documentary.
2.00 **Love You to Death**
3.00 **Catching the Killer**
4.00 **The Killer Within**
5.00 **The Real Manhunter**
6.00 **Killer in My Village**
7.00 **Britain's Most Evil Killers** Trimaan Dhillon.
8.00 **Catching the Killer**
9.00 **Escaping Captivity: The Kara Robinson Story**
10.45 **World's Most Evil Killers**
11.50 **An Unexpected Killer**
12.55 AM **Killer in My Village**
3.00 **The Force: North East**
4.00 **The Force: Manchester**
5.00 **to 6.00** AM **Brit Cops: Rapid Response**

+1 hour 222/223 321

PBS America

173 187 84 155

8.00 AM **Grand Tours of Scotland** As 1.00pm.
8.40 **Impossible Peace**
1.00 PM **Grand Tours of Scotland** From Loch Tay to Strathpeffer.
1.40 **Impossible Peace** A trio of editions.
5.00 **Impossible Peace** Avoiding a repeat of World War One fall flat at the hands of Hitler.
6.05 **The Dictator's Playbook** The rise and fall of Manuel Noriega. **7.15** Examining how Francisco Franco used colonial war tactics. **8.20** Examining the dictatorship of Idi Amin.
9.35 **China, the US and the Rise of Xi Jinping** Martin Smith traces the defining moments of China's leader Xi Jinping.
12.00 M'T **Women Under Hitler's Flag**
1.05 **to 2.00** AM **Grand Tours Scotland**

SKY HD SD VIRGIN HD FREEVIEW HD FREESAT HD EE HD

Sky Documentaries

121/122 819 188 352 367

6.00 AM **Discovering: Peter Ustinov**
7.00 **Discovering: Ian McKellen**
8.00 **The Directors**
10.00 **Arthur Miller: Writer**
12.00 NOON FILM **Busby** A profile of football manager Matt Busby. (2019, PG, 102min) ★★★
2.00 PM **Be Water** Documentary.
4.00 **Val** Documentary focusing on the daily life of actor Val Kilmer.
6.00 **Boyzone: No Matter What** 1-3/3. Documentary about the boy band, featuring rare interviews with the members.
9.00 NEW **Michael Flatley: Billion Dollar Dancer** Documentary looking back on the dancer's life and career, and following production of a 25th anniversary tour of his Irish dance show *Lord of the Dance*.
11.00 **Nothing Compares** The story of Sinéad O'Connor's rise to worldwide fame.
1.00 AM FILM **Man on Wire** Oscar-winning documentary. (2007, 12, 93min) ★★★★
3.00 **Wirecard: A Billion Euro Lie**
5.00 **to 6.00** AM **The Directors**

Sky Nature

124/125 822 189 354 369

6.00 AM **Ol Pejeta Diaries**
9.00 **Islands** Triple bill.
12.00 NOON **Animal Empires**
3.00 PM **Deadly Australians**
5.00 **Cub Camp** New edition Following a trio of starving orphans, who turn Winston's world upside down before gentle Xola teaches him a lesson about friendship.
6.00 **David Attenborough's Kingdom of Plants** The wonders of the botanical world. **7.00** The naturalist explores how the plants at Kew Gardens change through the seasons. **8.00** The naturalist takes a look at plants that have evolved to minimise their dependence on water.
9.00 **Predators** A pride of lions battle with natural disasters. **10.00** A female puma teaches its cubs how to survive.
11.00 **Cub Camp** As 5.00pm.
12.00 M'T **Wild Canary Islands**
1.00 AM **Animal Empires**
4.00 **Planet Shark**
5.00 **to 6.00** AM **Animals Like Us**

Sky History 2

163/168 840 186

6.00 AM **Ancient Aliens**
8.55 **Ancient Superstructures**
11.00 **The Secret Nazi Expeditions**
12.00 NOON **What on Earth?**
3.00 PM **Ancient Aliens**
5.00 **Digging for Britain** Triple bill of the documentary, including at: **7.00** Alice Roberts and Matt Williams head to the Dorset Country Museum.
8.00 **Ancient Aliens** The mysterious phenomena of the Nazca Lines.
9.00 **Ross Kemp: Mafia and Britain** How the Spanish coast became a safe haven for the mafia and criminal masterminds.
10.00 **Secrets of the Hells Angels** Posing as a drug dealer, undercover informant Tony Tait infiltrates the secret biker club to take down leader Sonny Barger and meth cook Kenny Owens.
11.00 **Ancient Aliens** Triple bill.
2.00 AM **Ross Kemp: Mafia and Britain** As shown at 9.00pm.
3.00 **Secrets of the Hells Angels**
4.00 **Digging Up Britain's Past**
5.00 **to 6.00** AM **Evidence of the Unexplained**

Crime+Investigation

156 837 133

6.00 AM **Nightmare in Suburbia**
8.00 **Crimes That Shook Britain**
10.00 **Murdertown**
11.00 **Missing Presumed Dead**
1.00 PM **Snapped Behind Bars**
3.00 **A Perfect Scam**
6.00 **My Strange Arrest**
7.00 **Green Eyed Killers**
8.00 NEW SERIES **Gypsy Rose: Life After Lock Up** Double bill. Documentary following Gypsy Rose Blanchard as she navigates life outside of prison.
10.00 **The Eunuch Maker** Double bill. Documentary examining the crimes of Marius Gustavson, who mutilated paying customers and streamed it online.
12.00 M'T **Homicide Squad: New Orleans** Documentary.
1.00 AM **My Strange Arrest**
2.00 **Cops Gone Bad with Will Mellor** New edition The case of Adrian Trevor Moore.
3.00 **Witness to Murder: Digital Evidence** True-crime.
4.00 **to 6.00** AM **An Hour to Kill**

+1 hour 256 333

WILD

165 841 182

8.00 AM **The Incredible Dr Pol**
10.00 **Day of the Dragon**
11.00 **Europe from Above**
1.00 PM **Wild India** Triple bill.
4.00 **Secrets of the Zoo**
6.00 **Critter Fixers: Country Vets** New edition The vets treat a dog bitten by a venomous snake, and deal with a cat that keeps eating things it shouldn't.
7.00 **Wild India** Life under the canopies illustrated in Rudyard Kipling's *Jungle Book*.
8.00 NEW SERIES **Katavi: Africa's Fallen Paradise** Double bill. Examining the impact of extreme weather on the animals of Tanzania's Katavi National Park, pushing lions, hippos and crocodiles to the limit of their endurance.
10.00 **Africa's Hunters** The powerful Mwamba lion pride face an uncertain future.
11.00 **Snakes in the City**
12.00 M'T **Alaska: The Next Generation** Double bill.
2.00 AM **Secrets of the Zoo**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 181

7.00 AM **Shed and Buried**
9.00 **Lost Mines: Restored**
12.00 NOON **Combat Dealers**
3.00 PM **Mystery at Blind Frog Ranch** Triple bill of editions.
6.00 **Mysteries of the Missing** Terry O'Quinn highlights how the disappearance of five planes in the Bermuda Triangle hinted at the existence of a strange geological force. **7.00** The disappearance of 16th-century colonists from the island of Roanoke. **8.00** Terry explores the story of three men who may have escaped Alcatraz in 1962.
9.00 **A Crime to Remember** The 1963 murder of two female graduates in New York. **10.00** A case from 1955 in which respected judge Curtis Chillingworth and his wife Marjorie seemingly vanished. **11.00** A look into the death of William Woodward Jr.
12.00 M'T **Alien Encounters**
2.00 **to 5.00** AM **Combat Dealers**

+1 hour 274 381

U&Eden

166 176 57 160

9.00 AM **The Architecture the Railways Built** Four editions.
1.00 PM **The Architecture the Railways Built** Four editions.
5.00 **The Bill** *Citadel:* Brownlow learns that Sun Hill station is to be refurbished and enlarged. **5.30** *Blue Eyed Boy:* Melvin's day goes from bad to worse. **6.00** *Full House:* Refurbishments begin on the Sun Hill station, and it's causing problems for all concerned. **6.30** *Big Fish, Little Fish:* CID and Uniform conduct surveillance on drug couriers.
7.00 **Top of the Pops** Triple bill featuring classic chart-toppers.
9.00 **The Brokenwood Mysteries** *Bride Not to Be:* 2/4. A tennis player is found dead after her hen party. (S5)
11.00 **The Bill** Four episodes.
1.05 AM **Top of the Pops**
3.00 **The Brokenwood Mysteries**
4.40 **The Architecture the Railways Built** Documentary.
5.25 **to 6.00** AM **The Bill**

+1 hour 266 376

ID

154 166

8.00 AM **Murder Comes to Town**
10.00 **Murder Loves Company**
12.00 NOON **Disappeared in the Darkness: An ID Mystery**
2.00 PM **Murder in the Heartland**
4.00 **Forbidden: Dying for Love**
6.00 **Reasonable Doubt** Exploring the case of rapper Mac Phipps. **7.00** The case of a woman who was accused of murdering her ex-girlfriend's best friend.
8.00 **Murder Under the Friday Night Lights** When a star footballer is stabbed to death, it looks to be a random tragedy.
9.00 **Bride Killa** The case of Kelly Ecker and Scott Samson.
10.00 **High Speed Chase** Officers track down a stolen military vehicle, face off with a sword-wielding fugitive and pursue an armed carjacker.
11.00 **Fatal Affairs** Documentary.
12.00 M'T **American Detective with Lt Joe Kenda** Double bill.
2.00 AM **The Perfect Murder**
4.00 **to 6.00** AM **Murder Under the Friday Night Lights**

+1 hour 254 366

Discovery Turbo

161/172 180

6.00 AM **World's Greatest Motorcycle Rides**
9.00 **How Do They Do It?**
11.00 **G.A.S. Extreme Customs**
12.00 NOON **Richard Hammond's Workshop** Five editions.
5.00 PM **FourWheeler** Four editions of the series, including at: **6.00** Ian demonstrates how to stretch a JK 10 inches. **6.30** The JK stretch project is ready for an all-new suspension.
7.00 **Wheeler Dealers** Mike spots a bargain supercar, a Maserati 4200GT, for under £10,000. **8.00** Mike and Elvis take on a Porsche 911 in rough shape. **9.00** Mike buys a Maserati 3200GT at a bargain price. **10.00** Mike and Edd get to work on an Aston Martin DB7. **11.00** Mike takes a gamble on a classic Jaguar E-type. **12.00** M'T Mike tries to bag a Lamborghini Urraco.
1.00 AM **Richard Hammond's Big**
2.00 **to 5.00** AM **World's Greatest Motorcycle Rides**

+1 hour 261/272

Films

Sky Cinema Premiere

301 401 501 515

6.30 AM **Afraid** As 11.50pm.
8.10 **Rob Peace** Drama directed by and starring Chiwetel Ejiofor. (2024, 15, 120min) ★★★
10.15 **Horizon: An American Saga...**
1.25 PM **Harold and the Purple Crayon** Family adventure. (2024, PG, 87min) ★★★
3.05 **Fight or Flight** As 8.00pm.
4.50 **Horizon: An American Saga – Chapter 1** Western directed by and starring Kevin Costner. (2024, 15, 181min) ★★★★

10.00 Skincare

8.00 Fight or Flight Action thriller starring Josh Hartnett. A mercenary is assigned a target on a flight, but when rival assassins board the plane, the hunter and the hunted team up. With Katee Sackhoff. (2025, 15, 98min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 PREMIERE Skincare Dark comedy thriller starring Elizabeth Banks. A small business owner embarks on a quest for revenge when her company is threatened. (2024, 18, 86min) ★★★ *See review, page 23.*
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **AfrAid** Sci-fi horror with John Cho. (2024, 15, 84min) ★★
1.30 AM **MaXXXine** Horror thriller. (2024, 18, 103min) ★★★
3.20 **The Watched** Horror. (2024, 15, 102min) ★★
5.10 **to 7.20** AM **Rob Peace**

Sky Cinema Hits

303 403 503 517

6.00 AM **Under the Boardwalk**
7.45 **Absolution** As 2.45am.
9.45 **IF** Fantasy. (2024, U) ★★★
11.45 **Ghostbusters: Frozen Empire** Comedy adventure. (2023, 12, 115min) ★★★
1.45 PM **Godzilla x Kong: The New Empire** Fantasy. (2023, 12, 115min) ★★★
3.45 **Fast & Furious** Action thriller. (2009, 12, 107min) ★★★
5.45 **Fast & Furious 5** Thriller. (2011, 12, 130min) ★★★

10.10 Fast & Furious 7

8.00 Fast & Furious 6 Action thriller sequel starring Vin Diesel, Paul Walker and Dwayne Johnson. The gang of carjackers come out of retirement to stop a criminal mastermind from constructing a superweapon. With Michelle Rodriguez. (2013, 12, 125min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 Fast & Furious 7 Action thriller sequel starring Vin Diesel and Paul Walker. A rogue special forces assassin seeks revenge against Dom, Brian and their crew for putting his brother in a coma. (2015, 12, 132min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.30 AM **Gran Turismo** Drama. (2023, 12, 123min) ★★★
2.45 **Absolution** Crime thriller. (2024, 15, 112min) ★★★
4.40 **to 6.10** AM **Under the Boardwalk** Animated musical. (2023, PG, 83min) ★★★

Sky Cinema Drama

310 410 510 524

6.00 AM **Monsoon** As 11.55pm.
7.35 **Burlesque** Musical romantic drama. (2010, 12, 119min) ★★★
9.40 **A Good Person** As 1.35am.
12.00 NOON **Save the Cinema** Drama. (2021, 12, 109min) ★★★
2.00 PM **Dunkirk** Wartime drama. (2017, 12, 106min) ★★★★★
3.55 **The Holdovers** Comedy drama starring Paul Giamatti. (2023, 15, 133min) ★★★★★

6.15 **Lost in Translation** Bittersweet romantic comedy drama written and directed by Sofia Coppola, starring Bill Murray and Scarlett Johansson. (2003, 15, 102min) ★★★★★
8.00 **Bridget Jones: The Edge of Reason** Romantic comedy sequel starring Renée Zellweger, Colin Firth and Hugh Grant. (2004, 15, 108min) ★★★
10.00 **What If** Romantic drama with Daniel Radcliffe and Zoe Kazan. (2013, 15, 98min) ★★★★

11.55 **Monsoon** Drama starring Henry Golding and Parker Sawyers. (2019, 12, 85min) ★★★★
1.35 AM **A Good Person** Drama. (2022, 15, 129min) ★★★★
3.55 **to 6.05** AM **Jesus Revolution** Drama starring Joel Courtney. (2023, 12, 120min) ★★★

Sky Cinema Sci-fi/Horror

311 411 511 525

7.25 AM **Paycheck** As 1.40am.
9.35 **Star Trek: Nemesis** Adventure. (2002, 12, 116min) ★★★
11.40 **Paranormal Activity: The Ghost Dimension** Horror sequel. (2015, 15, 88min) ★
1.20 PM **World War Z** Action thriller. (2013, 15, 116min) ★★★★
3.35 **Edge of Tomorrow** Sci-fi adventure starring Tom Cruise. (2014, 12, 113min) ★★★★

5.40 **Star Trek Into Darkness** Sci-fi adventure sequel. (2013, 12, 132min) ★★★★
8.00 **A Quiet Place: Day One** Horror prequel starring Lupita Nyong'o. (2024, 15, 100min) ★★★★
9.50 **The Exorcist: Believer** Horror sequel starring Leslie Odom Jr. A single parent battles to save the soul of his daughter. (2023, 15, 111min) ★★★
11.50 **Resident Evil: Vendetta** Animated sci-fi horror thriller. (2017, 15, 97min) ★★★

1.40 AM **Paycheck** Sci-fi thriller. (2003, 12, 119min) ★★★★
3.45 **Resident Evil: Degeneration** Animated zombie horror thriller. (2008, 15, 97min) ★★
5.25 **to 7.05** AM **Resident Evil: Retribution** Sci-fi action thriller sequel. (2012, 15, 92min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 406 506 520

6.40 AM **Goosebumps 2: Haunted Halloween** (2018, PG) ★★
8.15 **Angus, Thongs and Perfect Snogging** (2008, 12) ★★★★
10.00 **Hook** Fantasy. (1991, U) ★★★
12.25 PM **Addams Family** Comedy. (1991, PG, 95min) ★★★★
2.10 **Matilda** (1996, PG) ★★★★
4.00 **Charlie and the Chocolate Factory** Tim Burton's fantasy. (2005, PG, 115min) ★★★★
6.05 **The Flintstones** Comedy. (1994, U, 93min) ★★★

6.05 The Flintstones

7.45 **The Flintstones in Viva Rock Vegas** Comedy prequel with Mark Addy and Stephen Baldwin. Fred and Barney take their girlfriends to Rock Vegas. (2000, PG, 91 min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.25 **The Hobbit: An Unexpected Journey** Peter Jackson's fantasy adventure based on JRR Tolkien's children's novel, starring Martin Freeman and Ian McKellen. Bilbo Baggins joins a company of dwarves on a perilous quest to reclaim their lost kingdom. (2012, 12, 165min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **The Hobbit: The Desolation of Smaug** Fantasy. (2013, 12, 161 min) ★★★★
3.05 **The Hobbit: The Battle of the Five Armies** Fantasy. (2014, 12, 144min) ★★★
5.40 **to 7.10** AM **A Tiger's Tail** Drama. (2014, U, 81 min) ★★★

Sky Cinema Action

307 407 507 521

7.15 AM **Godzilla** (2014, 12) ★★★
9.20 **The Fall Guy** Action comedy. (2023, 12, 126min) ★★★★
11.30 **Bad Boys: Ride or Die** Action comedy adventure sequel. (2024, 15, 115min) ★★★
1.30 PM **Terminator Salvation** Sci-fi action thriller sequel. (2009, 12, 110min) ★★★
3.30 **The Mummy** Adventure. (1999, 15, 124min) ★★★★
5.40 **American Sniper** Biopic. (2014, 15, 127min) ★★★★

5.40 American Sniper

8.00 **Fast X** Action thriller sequel starring Vin Diesel and Jason Momoa. Dominic Toretto and his family are targeted by the vengeful son of drug kingpin Hernan Reyes. With Michelle Rodriguez, Jason Statham and Jordana Brewster. (2023, 12, 141 min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.25 **John Wick: Chapter 2** Thriller sequel with Keanu Reeves. When an Italian crime lord holds him to a blood oath, hitman John Wick goes on another murderous rampage. (2017, 15, 122min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.30 AM **Hero** Chinese adventure starring Jet Li. Subtitled. (2002, 12, 99min) ★★★★
2.15 **Pain & Gain** Dark crime comedy with Mark Wahlberg. (2013, 15, 124min) ★★★
4.30 **to 6.45** AM **Shooter** Thriller. (2007, 15, 125min) ★★★★

Sky Cinema Comedy

308 408 508 522

7.30 AM **I Now Pronounce You Chuck & Larry** (2007, 12) ★
9.30 **Bad Neighbours** (2014) ★★★
11.10 **Bad Neighbours 2** Comedy sequel. (2016, 15, 90min) ★★
12.45 PM **Miss Congeniality** Comedy. (2000, 12, 109min) ★★★★
2.40 **Miss Congeniality 2: Armed and Fabulous** (2005, 12) ★★
4.40 **The First Wives Club** Comedy. (1996, PG, 102min) ★★★
6.25 **Daddy Day Care** Comedy. (2003, PG, 92min) ★★★

9.40 The American Society of...

8.00 **Blades of Glory** Slapstick sports comedy starring Will Ferrell and Jon Heder. Two ice skating rivals team up as the first all-male figure skating pair in history. (2007, 12, 93min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.40 **The American Society of Magical Negroes** Fantasy comedy starring Justice Smith. A struggling LA artist is recruited into a secret society who dedicate their lives to a cause of utmost importance. (2024, 12, 104min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.30 **The Persian Version** Comedy. (2023, 15, 107min) ★★★
1.25 AM **Problemista** Comedy. (2024, 15, 104min) ★★★
3.15 **Uproar** Comedy drama. (2023, 12, 110min) ★★★
5.10 **to 6.50** AM **Chalet Girl** Comedy starring Felicity Jones. (2011, 12, 97min) ★★★

Sky Cinema Thriller

309 409 509 523

6.25 AM **Munich** (2005, 15) ★★★★
9.15 **The Bourne Supremacy** Espionage thriller sequel. (2004, 12, 108min) ★★★★
11.10 **Promising Young Woman** Thriller. (2020, 15) ★★★★
1.10 PM **Miami Vice** Crime thriller. (2006, 15, 133min) ★★★★
3.30 **The Bourne Ultimatum** Espionage thriller sequel. (2007, 12, 115min) ★★★★
5.40 **Jack Reacher** Action thriller. (2012, 15, 130min) ★★★

8.00 Jack Reacher: Never Go...

8.00 **Jack Reacher: Never Go Back** Action thriller sequel starring Tom Cruise and Cobie Smulders. The vigilante tries to save an army major who has been framed for murder by a sinister conspiracy. With Danika Yarosh and Aldis Hodge. (2016, 12, 118min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 **Split** M Night Shyamalan's thriller starring James McAvoy. After being abducted by a kidnapper with multiple personalities, three women are engaged in a fight for survival. (2016, 15, 117min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.25 AM **Breakdown** Suspense thriller starring Kurt Russell. (1997, 15, 94min) ★★★★
2.10 **Chinatown** Roman Polanski's thriller starring Jack Nicholson. (1974, 15, 131 min) ★★★★★
4.30 **to 6.20** AM **Eileen** Thriller. (2023, 15, 97min) ★★★★

Film4

313 855 428 14 300

■ **Films start at 11.00am**
11.00 AM **Mr Popper's Penguins** Comedy. (2011, PG) ★★★
12.50 PM **Napoleon Dynamite** Teen comedy. (2004, PG) ★★★★
2.40 **The Devil Wears Prada** Satirical comedy drama. (2006, PG, 109min) ★★★★
4.50 **Romancing the Stone** Romantic mystery adventure. (1984, 12, 105min) ★★★★
6.55 **Footloose** Teen dance drama. (1984, 12, 107min) ★★★

9.00 Kingsman: The Golden...

Footloose (film started at 6.55pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Kingsman: The Golden Circle** Comedy adventure starring Taron Egerton and Colin Firth. Secret agents Eggsy and Merlin join forces with their US counterparts to bring down a psychotic femme fatale. With Mark Strong. (2017, 15, 141 min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **Life** Sci-fi thriller starring Jake Gyllenhaal and Rebecca Ferguson. Scientists on the International Space Station fight for survival when an alien life form is brought on board. (2017, 15, 104min) ★★★★
1.55 **to 3.45** AM **Spell** Horror directed by Mark Tonderai and starring Omari Hardwick. (2020, 15, 91 min) ★★★

+1hour 314 430 47 301

8 PM
9 PM
10 PM
11 PM

Sky Cinema Originals

302 402 502 516

7.30 AM **Monster Family** Animated comedy. (2017, PG, 96min) ★★
9.05 **Monster Family 2** Animated sequel. (2021, U, 90min) ★
10.55 **10 Lives** Animated comedy. (2024, U, 98min) ★★★
12.30 PM **The Beekeeper** As 8.00pm.
2.20 **The Dry** Drama with Eric Bana. (2020, 15, 117min) ★★★★
4.20 **Force of Nature: The Dry 2** Thriller. (2024, 15, 120min) ★★★

6.15 **Fight or Flight** Action thriller starring Josh Hartnett. (2025, 15, 98min) ★★★
8.00 **The Beekeeper** Action thriller starring Jason Statham. An apparently unassuming man finds someone important to him has been scammed and driven to harm, so seeks vengeance on those responsible. (2023, 15, 105min) ★★★
10.00 **To Catch a Killer** Thriller starring Shailene Woodley. (2023, 15, 119min) ★★★★

12.05 AM **Anon** Sci-fi action thriller starring Amanda Seyfried. (2018, 15, 100min) ★★★
1.50 **Voyagers** Thriller starring Colin Farrell. (2020, 15, 108min) ★★★
3.45 **to 6.00** AM **Murder at Yellowstone City** Western. (2022, 15, 127min) ★★★

Sky Cinema Classics

304 404 504 518

7.45 AM **Gorillas in the Mist** (1988)
9.55 **Back to the Future** Comedy. (1985, PG, 115min) ★★★★★
11.55 **Back to the Future Part II** Time-travel comedy sequel. (1989, PG, 107min) ★★★
1.45 PM **Back to the Future Part III** Time-travel comedy sequel. (1990, PG, 112min) ★★★★
3.45 **Field of Dreams** Fantasy. (1989, PG, 106min) ★★★★★

5.35 **Forrest Gump** Oscar-winning whimsical fable with Tom Hanks. (1994, 12, 136min) ★★★★
8.00 **The Great Gatsby** Romantic drama starring Robert Redford. (1974, 12, 146min) ★★★
10.25 **Ghost** Romantic fantasy thriller starring Patrick Swayze and Demi Moore. A New York banker killed by a mugger returns as a ghost to warn his jeopardised lover. With Whoopi Goldberg and Tony Goldwyn. (1990, 12, 127min) ★★★★

12.35 AM **Gorillas in the Mist** Fact-based drama with Sigourney Weaver and Bryan Brown. (1988, 12, 124min) ★★★★
2.45 **Field of Dreams** As 3.45pm.
4.40 **to 6.40** AM **Burning an Illusion** Drama with Cassie McFarlane. (1981, 15, 103min) ★★★

Sky Cinema Animation

305 412 500 514

6.05 AM **DC Super Hero Girls...**
7.30 **The Prince of Egypt** Animation. (1998, U, 99min) ★★★★
9.20 **Kung Fu Panda 4** Animated sequel. (2023, PG, 94min) ★★★
11.00 **Home** Animated adventure. (2014, U, 94min) ★★★
12.40 PM **Trolls** Animated musical. (2016, U, 92min) ★★★
2.20 **Trolls Band Together** Animated musical. (2023, U, 91 min) ★★★

4.00 **The Adventures of Tintin: The Secret of the Unicorn** Steven Spielberg's animated adventure. (2011, PG, 106min) ★★★★★
5.55 **The Lego Batman Movie** Animation. (2017, U) ★★★★
7.45 **Rugrats in Paris** Animation. (2000, U, 79min) ★★★
9.15 **Teen Titans Go! to the Movies** Animation. (2018, PG) ★★★
10.45 **Spirit: Stallion of the Cimarron** Animation. (2002, U) ★★★
12.15 AM **Tom and Jerry Cowboy Up!** Animation. (2021, U) ★★★

1.35 **DC Super Hero Girls: Legends of Atlantis** (2018, PG) ★★★
2.55 **The Adventures of Tom Thumb and Thumbelina** (2002, U) ★★
4.20 **Batman Unlimited: Animal Instincts** (2015, PG) ★★
5.50 **to 7.25** AM **Megamind vs the Doom Syndicate** (2024) ★★★

Movies 24

312 419

7.00 AM **A Pinch of Portugal** Drama. (2023, PG, 84min) ★★
9.00 **Marry Go Round** Romantic comedy. (2022, PG, 84min) ★★
11.00 **An American in Austen** Comedy. (2024, PG, 84min) ★★
1.00 PM **The Love Hunt** Romantic comedy. (2023, PG, 89min) ★★
3.00 **PREMIERE** **A Bestselling Kind of Love** Romantic drama. (2024, PG, 90min) ★★

5.00 **Falling Together** Romantic drama starring Ashley Williams. (2024, U, 90min) ★★
7.00 **The Magic of Lemon Drops** Romantic fantasy starring Lyndsy Fonseca and Ian Harding. (2024, PG, 84min) ★★
9.00 **The Love Subscription** Romantic comedy with Carolina Bartczak and Chad Connell. A businesswoman's past heartbreak conflicts with her growing feelings for her latest client. (2023, PG, 86min) ★★

11.00 **Love's Greek to Me** Romantic drama. (2023, PG, 90min) ★★
1.00 AM **Branching Out** Drama. (2024, PG, 90min) ★★
3.00 **to 5.00** AM **Planning for Joy** Comedy. (2022, PG, 86min) ★★

Movies 24+ 315 420

Talking Pictures

328 445 82 306

6.00 AM **Look at Life**
6.10 **Courageous Mr Penn** Drama. (1940, b/w, PG, 122min) ★★
7.45 **City Under the Sea** Adventure. (1965, U, 84min) ★★★
9.25 **They Came from Beyond Space** Sci-fi horror chiller. (1967, PG, 85min) ★★
11.05 **The Beverly Hillbillies** (S1)
11.40 **The Kansan** Western. (1943, U, 80min) ★★★

1.15 PM **Look at Life**
1.25 **Batman** 8/60. (S2)
2.00 **The Runaway Bus** Comedy. (1954, b/w, U, 78min) ★★
3.30 **Tell Me Another** 4/9. (S1)
4.00 **The Adventures of Robin Hood**
4.30 **Out of Town** Documentary.
5.00 **The Footage Detectives**
6.00 **The Railway Children** Family drama. (2000, U, 108min) ★★★
8.00 **Gideon's Way** 11/26. (S1)
9.05 **The Wheeltappers and Shunters Social Club**
9.55 **Budgie** 5/13. (S1)

10.55 **Jekyll & Hyde** Horror thriller. (1989, 15, 96min) ★★★
12.50 AM **The Heritage Chart Show**
1.50 **The Lost City** Action adventure.
3.45 **Passenger to London** Thriller. (1937, b/w, PG, 57min) ★★
4.55 **The Texan** 19/37. (S1)
5.30 **to 6.00** AM **The Larkins**

Sky Sports Main Event

401 511 501 419 439

7.00 AM **Ted's Notebook**
7.30 **Formula 1** Australian Grand Prix.
10.00 **Super Sunday Matchday**
11.30 LIVE **SPFL Celtic v Rangers.** The final Old Firm derby of the Scottish Premiership season at Celtic Park. Kick-off **12.30pm**.
1.30 PM LIVE **Premier League Arsenal v Chelsea.** Coverage of the top-flight match between the London rivals from the Emirates Stadium. Kick-off **1.30pm**.
3.30 LIVE **EFL Cup Liverpool v Newcastle United.** Coverage of the final staged at Wembley Stadium. Kick-off **4.30pm**.
7.00 LIVE **Super Sunday Leicester City v Manchester United.** Coverage of the Premier League match staged at the King Power Stadium. Kick-off **7.00pm**.
9.00 LIVE **The Players Championship** Coverage of the fourth day of the prestigious tournament from TPC Sawgrass in Ponte Vedra Beach, Florida.
10.00 LIVE **WTA & ATP Tennis** Coverage of the Indian Wells Open men's singles final at Indian Wells Tennis Garden in California.
11.00 PM **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 512 502 420 440

6.00 AM **Premier League Highlights**
10.00 **Super Sunday Matchday**
12.00 NOON **Sports Sunday**
1.00 PM LIVE **Premier League Arsenal v Chelsea.** Coverage of the match between the London rivals staged at the Emirates Stadium. The sides shared the spoils in a 1-1 draw in November's reverse fixture. Kick-off.**30pm**.
4.00 **Sports Sunday**
6.00 **Premier League Highlights** Manchester City v Brighton.
6.30 LIVE **Super Sunday Leicester City v Manchester United.** Coverage of the Premier League match at the King Power Stadium. The sides have met on three occasions already, with United winning all three of them. The most recent of those matches was the most closely contested, with United prevailing 2-1 courtesy of former Leicester player Harry Maguire's controversial late winner. Kick-off **7.00pm**.
10.00 **Premier League Highlights**
3.00 AM **PL Greatest Games**
4.00 **Premier League Best Goals**
5.30 **to 6.00** AM **Premier League 100 Club**

Sky Sports Football

403 513 503 421 441

6.00 AM **EFL Highlights**
9.30 **EFL Cup Highlights**
11.30 LIVE **SPFL Celtic v Rangers.** Coverage of the final Old Firm Derby of the Scottish Premiership season staged at Celtic Park. The hosts have dominated in this fixture in recent years, including beating their rivals on penalties in the League Cup final back in December. Kick-off **12.30pm**.
3.30 PM LIVE **EFL Cup Liverpool v Newcastle United.** Coverage of the final from Wembley Stadium. The Reds won this competition last year, with Virgil van Dijk scoring the only goal of the game in extra time to help them overcome Chelsea in the showpiece match. Kick-off **4.30pm**.
8.00 **Best Goals: EFL Cup 24/25**
8.30 **SPFL** Celtic v Rangers.
10.30 **EFL Cup** Another chance to see Liverpool v Newcastle United.
12.30 AM **EFL Greatest Games**
1.00 **SPFL Highlights** Celtic v Rangers.
1.30 **EFL Cup Highlights**
2.30 **Best Goals: EFL Cup 24/25**
3.00 **EFL Highlights** Championship.
3.30 **SPFL Greatest Games**
5.30 **to 6.00** AM **EFL Highlights**

Sky Sports Cricket

404 514 504 422 442

6.00 AM **IPL** Recent action from India.
7.50 **WPL** Another chance to see the final from Brabourne Stadium.
11.30 **Best of ICC WT20**
12.00 NOON **IPL** Recent highlights.
2.00 PM **WPL** Action from the final at Brabourne Stadium in Mumbai.
3.00 **IPL** Sunrisers Hyderabad v Lucknow Super Giants from Rajiv Gandhi International Stadium.
4.00 **ICC Champions Trophy Cricket** India v New Zealand in the final.
5.00 **WPL** Action from the final at Brabourne Stadium in Mumbai.
6.00 **IPL** Highlights from Delhi Capitals v Rajasthan Royals in Delhi. **7.00** Mumbai Indians v Sunrisers Hyderabad at Wankhede Stadium.
8.00 **ICC Champions Trophy Cricket** India v New Zealand in the final.
9.00 **IPL** Action from Lucknow Super Giants v Kolkata Knight Riders. **10.00** Punjab Kings v Chennai Super Kings from Dharamsala.
11.00 **WPL** Action from the final at Brabourne Stadium in Mumbai.
12.00 M'T **ICC Champions Trophy Cricket** India v New Zealand.
1.00 AM **WPL** Another chance to see the final from Brabourne Stadium.
4.40 **Ashes Greats** Player profiles.
5.00 **to 6.00** AM **IPL Highlights**

Sky Sports Golf

405 515 505 423 443

6.00 AM **The Players Championship**
7.00 **Masterpiece Theatre**
7.15 **PGA Tour Profiles** Sandy Lyle.
7.30 **The Players Championship**
11.30 **Masterpiece Theatre**
11.45 **PGA Tour Profiles**
12.00 NOON **Players Championship**
1.00 PM LIVE **The Players Championship** Coverage of the fourth day from TPC Sawgrass in Ponte Vedra Beach, Florida.
10.30 **Icons Series Golf**
11.30 **The Players: The Golden Era**
12.30 AM **Golf Academy**
1.00 **The Players Championship**
4.00 **to 6.00** AM **The Players Championship Official Film**

Sky Sports Tennis

407 537 520 425 445

6.00 AM **WTA Tennis** Texas Open.
7.00 **ATP Tennis** Rotterdam Open.
8.00 **WTA & ATP Tennis**
12.00 NOON **Tie Break Tens**
1.00 PM **ATP Tour This Week**
1.30 **WTA & ATP Tennis**
5.30 LIVE **WTA & ATP Tennis** Coverage of the Indian Wells Open women's singles final.
8.30 LIVE **WTA & ATP Tennis** Coverage of the Indian Wells Open men's singles final from California.
11.00 **Tennis** Miami Open finals.
1.00 AM **Bitesize Tennis**
1.15 **Frances Tiafoe Podcast 2024**
1.30 **Mirra Andreeva Podcast 2024**
1.45 **Bitesize Tennis** Recent action.
2.00 **to 6.00** AM **ATP Tennis**

TNT Sports 1

410 870 521 408 430

6.00 AM LIVE **Isuzu UTE A-League Newcastle Jets v Western United.** Kick-off 6.00am.
8.00 **UEFA Champions League**
8.15 LIVE **Alpine Skiing** The first run of the men's slalom in Hafjell.
10.00 LIVE **Ski Jumping** Day two of the women's HS240 in Vikersund.
11.15 LIVE **Alpine Skiing** The second run of the men's slalom in Hafjell.
12.30 PM LIVE **Biathlon** The women's 12.5km mass start in Pokljuka.
1.30 **Discovery Golf**
2.00 LIVE **Allianz Premiership Women's Rugby Gloucester-Hartpury RFC v Saracens.** The final. Kick-off **3.00pm**.
5.30 **Fight Night Live**
7.30 LIVE **Serie A Atalanta v Inter Milan.** Coverage of the Italian top-flight match from Gewiss Stadium. Kick-off is at **7.45pm**.
9.45 **UEFA Europa League Goals**
10.00 **UFC** Vettori v Dolidze.
1.00 AM LIVE **NBA Milwaukee Bucks v Oklahoma City Thunder.** The inter-conference match. Tip-off **1.00am**.
3.30 **NBA** Highlights and features.
4.30 **Premier League Legends**
5.30 **to 6.00** AM **TNT Sports Reload**

TNT Sports 2

411 871 522 409 431

6.00 AM **UEFA Champions League**
6.30 **Classic Premier League**
7.00 LIVE **AFL West Coast Eagles v Gold Coast Suns.** Coverage of the match from Optus Stadium in Perth. Bounce-up **7.10am**.
10.00 **Crouchy and Cole**
10.15 **MotoGP Films**
11.00 LIVE **Motocross World Championship** In Cozar, Spain.
1.00 PM **MotoGP** From Argentina.
1.30 LIVE **MotoGP** Grand Prix of Argentina MotoGP warm-up.
2.00 LIVE **MotoGP** The Grand Prix of Argentina Moto3 race.
4.00 LIVE **MotoGP** The Grand Prix of Argentina Moto2 race.
5.15 LIVE **MotoGP** The Grand Prix of Argentina MotoGP race.
7.15 **MotoGP Chequered Flag**
8.15 **MotoGP Films**
9.00 LIVE **SailGP** From Los Angeles.
10.30 **UEFA Conference League**
10.45 **T20 Cricket Highlights**
12.45 AM **Allianz Premiership Women's Rugby** Recent action.
1.45 **Cycling** Recent highlights.
4.45 **In My Blood** With Steve Stamp.
5.00 **Rio Ferdinand Meets**
5.15 **What I Wore: Best Of**
5.30 **to 6.00** AM **Crouchy and Cole**

Sky Sports Action

408 517 507 426 446

6.00 AM **Super League Highlights**
7.15 LIVE **NRL Canterbury-Bankstown Bulldogs v Gold Coast Titans.** Coverage of the match from the second round of fixtures at Belmore Sports Ground, Sydney. Kick-off **7.15am**.
9.15 **Super League Highlights**
10.00 **Fight Night International**
11.00 **Fight Night** Jonas v Price.
12.00 NOON LIVE **European Open Pool** Coverage of the semi-finals in the afternoon session on the sixth day of the nineball competition at Hotel Hills Sarajevo in Bosnia and Herzegovina.
4.30 PM **Darts Gold** Archive action.
6.30 LIVE **European Open Pool** The final in the evening session on day six of the nineball competition staged at Hotel Hills Sarajevo.
9.30 **Fight Night** Two bout replays.
10.30 **Fight Night International**
11.30 **Super League Highlights**
12.00 M'T **The Rugby Championship**
2.00 AM **State of Origin Rugby League** Recent highlights.
3.00 **Fight Night** Azim v Lipinets.
4.00 **Super League Highlights**
4.30 **Women's Super League**
5.00 **to 6.00** AM **Fight Night**

Sky Sports Sky Sports+

412 518 508 427 447

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
10.00 **Super Sunday Matchday**
12.00 NOON **EFL Greatest Games**
12.20 PM LIVE **EFL Sheffield Wednesday v Sheffield United.** Coverage of the Championship match staged at Hillsborough. United are unbeaten in their last five games against their neighbours, and claimed a 1-0 victory at Bramall Lane in November's reverse fixture courtesy of a goal by Tyrese Campbell. Kick-off **12.30pm**.
2.30 LIVE **Bundesliga VfL Wolfsburg v Eintracht Frankfurt.** The German top-flight match from Volkswagen Arena. Kick-off **2.30pm**.
4.30 LIVE **Bundesliga FC Heidenheim 1846 v Holstein Kiel.** The German top-flight game at Voith-Arena. Kick-off **4.30pm**.
6.30 LIVE **Bundesliga VfB Stuttgart v Bayer Leverkusen.** The German top-flight match at MHP Arena. Kick-off **6.30pm**.
8.30 **Sky Sports News**
12.00 M'T **Premier League Darts**
4.00 **to 6.00** AM **Sky Sports News**

Sky Sports Mix

416 873 510 429 449

6.00 AM **Top Rank Boxing Archive**
7.15 **My Icon** Shaun Gayle.
7.30 **Top Rank Boxing Archive**
8.45 **My Icon** Rachel Yankey.
9.00 **The Rugby Championship**
11.00 **Super League Highlights**
12.00 NOON LIVE **European Open Pool** Coverage of the semi-finals from Hotel Hills Sarajevo.
4.30 PM **Darts Gold**
5.45 **My Icon** Sporting influences.
6.25 LIVE **Netball Super League Manchester Thunder v Loughborough Lightning.** Coverage of the match from the first round of fixtures staged at AO Arena. Centre-pass **6.30pm**.
8.00 **Top Rank Boxing Archive**
9.15 **NCAA Basketball**
11.15 **Darts Gold** Archive action.
12.00 M'T **Super League Highlights**
12.30 AM **Top Rank Boxing Archive**
1.45 **My Icon** Rachel Yankey.
2.00 **One Championship Weekly**
2.30 **The Rugby Championship**
4.30 **Top Rank Boxing Archive**
5.45 **to 6.00** AM **My Icon**

TNT Sports 3

413 874 523 410 432

7.00 AM **MotoGP** From Argentina.
7.30 LIVE **A-League Women Brisbane Roar v Newcastle Jets.** Kick-off **7.30am**.
9.30 **UEFA Champions League**
9.45 LIVE **Ski Jumping** In Vikersund.
11.15 **TNT Sports Reload**
11.30 **The WRC Magazine**
12.00 NOON LIVE **Cycling** The seventh stage of the Tirreno Adriatico.
3.00 PM LIVE **Cycling** Coverage of the eighth stage of the Paris-Nice.
4.30 **UEFA Champions League**
4.45 LIVE **Serie A Fiorentina v Juventus.** Kick-off **5.00pm**.
7.00 **European Football Highlights**
7.30 LIVE **NBA Los Angeles Lakers v Phoenix Suns.** The Western Conference match from Crypto.com Arena. Tip-off **7.30pm**.
10.00 **NBA** Highlights and features.
11.00 **Football** Recent action.
3.00 AM **T20 Cricket Highlights**
5.00 **to 6.00** AM **Champions League**

TNT Sports 4

414 876 524 411 434

7.00 AM **UEFA Europa League & Conference League Highlights**
8.00 LIVE **Nordic Combined Skiing** From Oslo, Norway.
8.30 **TNT Sports Reload**
8.45 LIVE **Nordic Combined Skiing** From Oslo, Norway.
9.45 **Classic Premier League**
10.15 LIVE **Cross Country Skiing** Coverage from Oslo, Norway.
11.30 **UEFA Champions League**
12.30 PM LIVE **Cross Country Skiing** Coverage from Oslo.
1.45 **The WRC Magazine**
2.15 LIVE **Nordic Combined Skiing** From Oslo, Norway.
2.45 LIVE **Biathlon** In Pokljuka.
3.30 LIVE **Ski Jumping** In Vikersund.
5.30 **Winter Sports** Recent action.
8.30 **Cycling** Highlights.
11.30 **Born Racers** At the Rookies Cup.
12.45 AM **Ultimate Pool**
2.15 **Winter Sports** Recent action.
5.15 **The WRC Magazine**
5.45 **to 6.00** AM **Football**

Premier Sports 1

419 551

6.00 AM **Transworld Sport** Magazine.
7.00 **NASCAR Highlights**
8.00 **Downhill Skateboarding**
8.30 **NHL Ice Hockey**
10.30 **LaLiga** Villarreal v Real Madrid.
12.30 PM **NHL on the Fly**
1.30 **Scottish Football Social Club**
2.30 LIVE **SPFL Dundee United v Dundee.** Coverage of the Scottish Premiership match from Tannadice. Kick-off **3.00pm**.
5.30 **Football's Greatest**
6.00 **NASCAR Highlights**
7.00 LIVE **NASCAR** Pennzoil 400 from Las Vegas Motor Speedway.
11.30 **Indy Autonomous Challenge**
12.00 M'T **Sporting Countdowns**
12.30 AM **Downhill Skateboarding**
1.00 LIVE **NHL Ice Hockey Seattle Kraken v Winnipeg Jets.** Coverage of the Western Conference match from Climate Pledge Arena. Face-off **1.00am**.
4.00 **Transworld Sport** Magazine.
5.00 **to 6.00** AM **Sporting Greats**

Premier Sports 2

420 552

6.00 AM **NASCAR Xfinity Series**
9.00 **Bike World** Magazine.
9.30 **Top 14 Rugby Union**
11.30 **GP Confidential**
12.00 NOON LIVE **LaLiga Leganes v Real Betis.** Kick-off **1.00pm**.
3.00 LIVE **LaLiga Sevilla v Athletic Bilbao.** Kick-off **3.15pm**.
5.15 LIVE **LaLiga Rayo Vallecano v Real Sociedad.** Kick-off **5.30pm**.
7.30 LIVE **LaLiga Atletico Madrid v Barcelona.** The Spanish top-flight match from Riyadh Air Metropolitano. Kick-off **8.00pm**.
10.00 **LaLiga Specials**
10.30 **Bike World** Magazine.
11.00 LIVE **NHL Ice Hockey New York Rangers v Edmonton Oilers.** The inter-conference encounter. Face-off **11.00pm**.
2.00 AM **NHL: This is Hockey**
2.30 **Africa Eco Race**
3.30 **Football's Greatest**
4.00 **to 6.00** AM **United Rugby Championship**

Sky Sports F1

406 516 506 424 444

7.00 AM **Ted's Notebook**
7.30 **Formula 1** Australian Grand Prix.
10.00 **Ted's Notebook**
10.30 **Ted Drives: F1 Car**
10.45 **Formula 1** Australian Grand Prix.
11.45 **Ted's Notebook**
12.15 PM **The F1 Wheelchair**
12.30 **Formula 1** Australian Grand Prix.
5.00 **Ted's Notebook**
5.30 **F1 & the Silver Bullet**
5.45 **Ted Drives: F1 Car**
6.00 **Formula 1** Australian Grand Prix.
7.00 **Villeneuve Pironi: Racing's Untold Tragedy**
9.00 **Formula 1** Australian Grand Prix.
10.00 **Formula 3** From Australia.
11.15 **Jenson & the FW22: Extended**
11.25 **F1 Explained – Starting a GP**
11.30 **Formula 2** Australian Grand Prix.
12.50 AM **Simon and Jenson's Vegas Hot Lap** At the Las Vegas circuit.
1.00 **to 6.00** AM **The Home of F1**

Monday

17 March

Evening Planner

Factual

Masters of Reinvention
U&Yesterday, 8pm (box set, U)
Combining old-fashioned DIY skills with modern technology, a team overhaul old inventions to make them fit for purpose.

Crime Drama

Virdee
BBC1, 9pm
The Bradford-set drama reaches its thrilling climax, as DCI Harry Virdee (Staz Nair) is faced with an impossible choice.

OnDemand

Disney+

The Simpsons
Available today
The comedy's 36th season starts with Conan O'Brien asking an AI chatbot to write a season finale.

OnDemand

NETFLIX

Inside
New episodes are released daily
British YouTubers the Sidemen challenge content creators to take on daily challenges for a huge cash prize.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 Panorama	8.30 Garden... †	9.00 Virdee		10.00 News; Local News	10.40 Have I...
	102 BBC2	7.00 Flying in a Storm	7.30 Mastermind	8.00 Chess Masters...	8.30 University...	9.00 Thames Water: Inside the Crisis		10.00 Detectorists	10.30 Newsnight
	103 ITV1	◂ 6.30 News	7.30 Emmerdale	8.00 Coronation Street		9.00 Protection		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Batch from Scratch: Cooking for Less		9.00 Tempting Fortune		10.00 Gogglebox	
	105 5	7.00 Police Interceptors		8.00 Traffic Cops		9.00 Police: Suspect No 1		10.00 He Said, She Said: Blake Lively vs...	
	106 SKY SHOWCASE	7.00 The Simpsons		8.00 UFO		9.00 Football's Funniest Moments			
ENTERTAINMENT	115 BBC3	7.00 Gladiators		8.00 The Agency: Unfiltered		9.00 Waterloo Road		10.00 Stacey Dooley: Rape on Trial	
	116 BBC4	7.00 Climbing Great...	7.30 Who Do You...	8.00 Vasa: The Ghost Ship		9.00 How to Win at Chess		10.00 What Do...	10.30 Jack Vettriano...
	118 ITV2	7.00 Deal or No Deal		8.00 Ant & Dec's Limitless Win		9.00 Hell's Kitchen		10.00 Family Guy	
	136 MORE4	◂ 6.55 Car S.O.S.				9.00 Castle Secrets		10.00 Hunting Nazi Treasure	
	135 E4	7.00 Hollyoaks	7.30 Married at First Sight Australia			9.00 Love Triangle UK		10.05 First Dates	
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 FBI: Most Wanted		9.00 Blue Bloods		10.00 Law & Order: Special Victims Unit	
	108 SKY ATLANTIC	7.00 Six Feet Under		8.00 Game of Thrones		9.00 The White Lotus			10.15 Small Town, Big Story
	110 U&GOLD	7.00 Only Fools and Horses	7.40 Dad's Army			9.00 Men Behaving Badly			10.10 Harry Enfield and Chums
	111 U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games			9.00 QI		10.00 Alan Davies: As Yet Untitled	
	119 ITV3	7.00 Heartbeat		8.00 Midsomer Murders				10.00 Endeavour	
	120 ITV4	◂ 6.45 Snooker: Players Championship – Live: Coverage of day one from Telford International Centre							10.15 Film: Alien Resurrection
	112 COMEDY CENTRAL	7.00 Friends				9.00 Al Murray: One Man, One Guvnor Uncut		10.00 Utopia	
	139 SKY SCI-FI	7.00 Warehouse 13		8.00 Stargate SG-1		9.00 Grimm		10.00 The Walking Dead	
	113 SKY MAX	7.00 Stargate SG-1		8.00 An Idiot Abroad		9.00 Poker Face		10.00 Small Town, Big Story	
	109 U&ALIBI	7.00 The Mentalist		8.00 White Collar		9.00 Death in Paradise		10.00 Father Brown	
	130 SKY ARTS	7.00 The Alfred Hitchcock Hour		8.00 Brendan Gleeson's Farewell to Hughes's			9.20 The Chieftains: Down the Old Plank Road – The Nashville Sessions		
	132 U&W	7.00 MasterChef Junior USA		8.00 Cops on the Rock		9.00 Brit Cops Down Under		10.00 Ambulance Australia	
DOCUMENTARY	125 DISCOVERY	7.00 Salvage Hunters		8.00 Hoffman Family Gold		9.00 Mega Shippers		10.00 Texas Metal	
	162 ANIMAL PLANET	7.00 Pit Bulls & Parolees		8.00 Fish or Die				10.00 Edge of Alaska	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 World War II: Secrets from Above		9.00 Air Crash Investigation		10.00 Mutant Weather	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Digging for Britain		9.00 Ramses the Great: King of Ancient...		10.00 Secrets in the Ice	
	155 U&YESTERDAY	7.00 Speed with Guy Martin		8.00 Masters of Reinvention		9.00 James May's Toy Stories		10.00 Bangers & Cash	
	121 SKY DOCS	7.00 UFO		8.00 Michael Flatley: Billion Dollar Dancer				10.00 The Ghost of Richard Harris	
FILMS – Sky Cinema	301 PREMIERE	◂ 4.50 Horizon: An American Saga...		8.00 AfrAld			9.30 Fight or Flight		
	302 ORIGINALS	◂ 6.15 Six Minutes to Midnight		8.00 Ferrari					10.15 The Radleys
	303 HITS	◂ 5.30 The Da Vinci Code		8.00 Angels & Demons					10.20 Inferno
	304 CLASSICS	◂ 5.35 Robin Hood: Prince of Thieves		8.00 The Shawshank Redemption					10.25 Schindler's List
	305 ANIMATION	◂ 5.55 Happy Feet	7.55 Happy Feet Two					9.45 The Adventures of Tom Thumb and Thumbelina	
	306 FAMILY	◂ 6.40 Scooby-Doo		8.20 Scooby-Doo 2: Monsters Unleashed					10.10 Addams Family Values
	307 ACTION	◂ 5.55 John Wick: Chapter 2		8.00 Pain & Gain					10.15 Shooter
	308 COMEDY	◂ 5.45 The Terminal		8.00 Click				9.55 Uproar	
	309 THRILLER	◂ 5.40 The Accountant		8.00 Ocean's Eleven					10.10 Eileen
	310 DRAMA	◂ 6.10 The Great Escaper		8.00 Chicago				10.00 The Danish Girl	
	311 SCI-FI	◂ 6.25 Gravity		8.00 Interstellar					
	313 FILM4	◂ 6.45 Bumblebee				9.00 The Northman			
SPORT	401 MAIN EVENT	7.00 Sky Sports News						10.00 News at Ten	10.30 Back Pages...
	402 PREMIER LEAGUE	7.00 PL Review		8.00 Gary Neville's Soccerbox		9.00 PL Review		10.00 PL Icons	
	403 FOOTBALL	◂ 6.30 Bundesliga...	7.30 EFL Highlights	8.00 Best Goals: EFL Cup 24/25	8.45 SPFL Highlights	9.15 EFL Cup Highlights			10.30 Bundesliga...
	404 CRICKET	7.00 IPL		8.00 ICC Men's T20 World Cup		9.00 IPL			
	410 TNT SPORTS 1	◂ 6.00 Ultimate Pool – Live: Coverage from Group 11 of the Champions League					9.30 Fight Night Live		
	411 TNT SPORTS 2	7.00 T20 Cricket Highlights		8.00 Women's T20 International Cricket		9.00 Women's International T20 Cricket – Live: New Zealand v Sri Lanka			

◂ Denotes programmes starting before 7.00pm † Regions vary

MONDAY

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Monday

BBC1

101 101 1 101 101

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 **Crimewatch Live** New edition (S)
11.30 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** New edition (S)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Clean It, Fix It** New edition Transforming a cluttered home into a serene therapy space. (S)
2.30 **Antiques Road Trip** (S)(R)
3.00 **Escape to the Country** New edition The Wye Valley. (S)
3.45 **Make It at Market** New edition An aspiring signwriter and a blacksmith seek advice. (S)(AD)
4.30 **The Finish Line** New edition (S)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

9.00 Virdee

7.00 **The One Show** Alex Jones and Vernon Kay present the topical show. (S)
7.30 **EastEnders** Nicola hosts a vigil on the fourth anniversary of Harry's girlfriend's disappearance, and Nigel breaks down. (S)(AD)

8.00 **Panorama: Lockdown Kids – Five Years On** New edition Children whose development and education was disrupted by lockdown. (S)
8.30 **Garden Rescue** Charlie Dimmock and Lee Burkhill visit Cwmbran. (S)(R)

9.00 **Virdee** Series finale 6/6. In a high-stakes confrontation with the killer, Harry is left with an impossible choice. Running out of time, Harry makes a desperate ploy. (S1) (S)(AD)
■ Entire series on BBC iPlayer

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **Have I Got News for You** Naga Munchetty hosts the satirical current affairs quiz, with guest panellists writer and broadcaster Richard Osman and comedian Maisie Adam joining team captains Paul Merton and Ian Hislop. (S)(R)
11.10 **The Traitors US Reunion** 12/12. Alan Cumming hosts a reunion special, in which participants gather to discuss memorable challenges and devilish acts of treachery. (S)(R)
12.10 AM **Weather for the Week Ahead** Seven-day forecast. (S)
12.15 **to 6.00** AM **BBC News** (S)

BBC2

102 102 2 102 102

6.10 AM **Make It at Market** (S)(R)(AD)
6.55 **Sign Zone: The Repair Shop** (S)(R)
7.55 **Match of the Day 2** (S)(R)
9.00 **BBC News** (S)
12.15 PM **Politics Live** (S)
1.00 **Impossible** Quiz show. (S)(R)
1.45 **Bridge of Lies** Game show. (S)(R)
2.30 **The Tournament** Quiz. (S)(R)
3.15 **Farm to Feast: Best Menu Wins**
3.45 **The Farmers' Country Showdown**
4.15 **Yellowstone** (S)(R)(AD)
5.15 **Flog It!** From the Old Royal Naval College in Greenwich. (S)(R)
6.00 **Richard Osman's House of Games** With guests Sarah Kendall, Jay McGuiness, Linda Robson and Bobby Seagull. (S)(R)
6.30 **Great Continental Railway Journeys** New edition 6/20. Michael Portillo embarks on a Scandinavian railway adventure. (S)

9.00 Thames Water: Inside the Crisis

7.00 **NEW Flying in a Storm** Exploring how the aviation industry handles extreme weather and turbulence. (S)(AD)
7.30 **Mastermind** New edition Subjects include actor Audrey Hepburn and *Star Trek: Deep Space Nine*. (S)

8.00 **Chess Masters: The Endgame** New edition 2/8. The five remaining players battle for a place in the quarter-finals. (S)
8.30 **University Challenge** New edition Amol Rajan asks the questions as the quarter-final stage continues. (S)

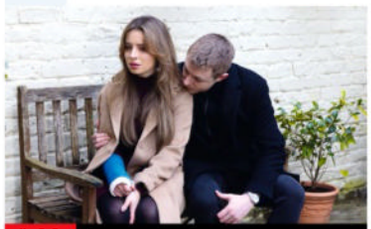
9.00 **NEW SERIES Thames Water: Inside the Crisis** 1/2. The first in a two-part documentary telling the story of Thames Water, Britain's most beleaguered water company, as it battles for survival. (S)(AD)
■ Concludes tomorrow

10.00 **Detectorists** 5/6. The secrets of Andy, Lance, Becky and Sophie are on the verge of being revealed. (S1) (S)(R)(AD)
10.30 **Newsnight** (S)
11.00 **Weather** (S)
11.05 **Surgeons: At the Edge of Life** 3/6. Surgeons perform a preventative double mastectomy and breast reconstruction. (S)(R)
12.05 AM **Sign Zone: Countryfile** New presenter Vick Hope joins Matt Baker on a trip to England's largest forest, Kielder in Northumberland. (S)(R)
1.00 **Sign Zone: Gladiators** (S)(R)(AD)
2.00 **Sign Zone: Waterloo Road** (S)(R)
3.00 **to 6.30** AM **Previews** (S)

ITV1

103 103 103 3 103 103 103

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Alan Titchmarsh's Gardening Club** New edition Jason Williams visits a community allotment in Liverpool, Martha Swales shares a seed-sowing masterclass, and Camilla Bassett-Smith explores a pristine Yorkshire garden. (S)
3.00 **NEW SERIES Jeopardy!** Quiz show hosted by Stephen Fry. (S)
4.00 **Tipping Point** New edition Quiz hosted by Ben Shephard. (S)
5.00 **The Chase** New edition Quiz show hosted by Bradley Walsh. (S)
6.00 **Local News** (S)
6.30 **ITV News** (S)



8.00 Coronation Street

7.30 **Emmerdale** Joe's plan is finally revealed, Mack is suspicious of Ross, and Manpreet receives a demand from her blackmailer. (S)(AD)

8.00 **Coronation Street** Daisy commemorates her baby, James Bailey pays an unexpected visit, Lauren's news takes Dee-Dee by surprise, and Roy catches Cassie slipping back into her old ways. (S)(AD)

9.00 **Protection** New episode 2/6. Liz pursues her unofficial investigation into DI Brandice and his possible connection with organised crime. (S1) (S)(AD)
■ Entire series available on ITVX

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **The British Airways Killer** 1/2. Documentary examining the disappearance of Joanna Simpson in 2010, telling the story of an investigation that changed British legal history and led to a tragic discovery. (S)(R)
11.40 **Sorry, I Didn't Know** With Kae Kurd, Oti Mabuse, Jordan Stephens and Kiri Pritchard-McLean. (S)(R)
12.05 AM **Teleshopping**
3.00 **The Undercover Police Scandal: Love and Lies Exposed** Women deceived into relationships with undercover police officers. (S)(R)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Judi Love's Culinary Cruise** (S)(SL)(R)(AD)

+1 hour 203 303 35 112

CHANNEL 4

104 104/108 108 4 104 104/106

6.25 AM **Cheers** 11-14/26. (S5)(S)(R)
8.10 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** (S11) (S)(R)(AD)
11.10 **Undercover Boss USA** (S)(R)
12.05 PM **News** (S)
12.10 **Sun, Sea and Selling Houses** (R)
1.10 **Find It, Fix It, Flog It** (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **A New Life in the Sun** (S)(R)
5.00 **Four in a Bed** New edition The competition begins at Lodge Duxford in Cambridgeshire. (S)
5.30 **Come Dine with Me** New edition medical receptionist Fiona hosts the first of a week of dinner parties from Birmingham. (S)
6.00 **NEW SERIES A Place in the Sun: What Happened Next?** Danni Menzies revisits Marie and Chris in Manilva, southern Spain. (S)

8.00 Batch from Scratch

7.00 **News** (S)

8.00 **Batch from Scratch: Cooking for Less** New edition 5/6. Joe Swash and Suzanne Mulholland meet the Knight family in Cambridge. Single dad Darran balances his job as a teacher with looking after his two children. (S)(AD)

9.00 **Tempting Fortune** New edition 2/8. The 11 remaining fortune-seekers are split into three separate camps for 24 hours, leaving them with no clue whether the others have given in to temptation or not. (S)(AD)

10.00 **Gogglebox** The armchair critics share their opinions on what they have been watching on TV, with cameras capturing their instant reactions. (S)(R)(AD)
11.05 **The Nevermets** (S)(SL)(R)(AD)
12.10 AM **NEW TO C4 Gypsy Rose: Life After Lock Up** 1/8. A woman who murdered her abusive mother is released from prison. *Previously on Crime + Investigation.* (S)(R)(AD)
1.00 **Ramsay's Kitchen Nightmares USA** From Los Angeles. (S)(SL)(R)
1.50 **Undercover Boss USA** (S)(R)
2.40 **Huge Homes with Hugh Dennis** The actor visits Surrey. (S)(SL)(R)
3.35 **Sunday Brunch Best Bits** (S)(R)
3.40 **Hollyoaks Omnibus** (S)(SL)(R)
4.50 **Location, Location, Location** (R)
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour 204/208 304 15 121

7 PM

8 PM

9 PM

10 PM

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 805 | 105 | 5 | 105 | 105 | 105

5.40 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm Huntley** (S)
12.45 PM **GPs: Behind Closed Doors** A retired firefighter is worried about his prostate. (S)(R)
1.45 **Home and Away** (S)(R)
2.15 FILM **Run, Hide, Escape** Thriller starring Kayla Fields, Mike Markoff and Betsy Stewart. (S) (2023, 15, 105min) ★★
4.00 **Bargain-Loving Brits in the Sun** Following Brits who moved to Spain for sun and a low-cost life. (S)(R)(AD)
5.00 **News** (S)
6.00 **Eggheads** The Legends of Stuff take part in the quiz. (S)(R) **6.25** The Four Racketeers look to defeat the Eggheads. (S)(R)
6.55 **News** (S)

8.00 Traffic Cops

7.00 Police Interceptors Officers embark on a 20-mile pursuit of a suspect on the M1 who is weaving dangerously from right to left at more than 120mph. (S)(R)

7.55 News (S)

8.00 Traffic Cops New edition A teenager with just a provisional driving licence has a lucky escape after crashing into a wall, while police rush to a collision between a motorcyclist and a pedestrian. (S)

9.00 Police: Suspect No 1 New edition 2/5. Detectives must identify and capture five masked men who broke into a Scunthorpe household and held the terrified owners at knifepoint before stealing their car. (S)

10.00 NEW He Said, She Said: Blake Lively vs Justin Baldoni One-off documentary about the legal disputes between the actors, which came about after they starred together in the romantic drama *It Ends with Us*. (S)

11.30 **Cancelled: Most Shocking Celebrity Moments** Celebrity career catastrophes. (S)(R)
1.25 AM **PlayOJO Live Casino Show**
3.30 **Friends** (S1) (S)(R)(AD)
4.20 **Escape to the Farm with Kate Humble** (S)(R)
5.05 **Great Scientists** (S)(SL)(R)
5.35 **to 5.40** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128

SKY SHOWCASE

106 106 806 | 109 | 340 | 355

6.00 AM **Sky News Breakfast**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate SG-1** (S3) (S)(R)
11.00 **Animals Like Us** (S)(R)
12.00 NOON **The Flash** (S8) (S)(R)
1.00 PM **Hawaii Five-0** (S2) (S)(R)
3.00 **NCIS: Los Angeles** (S14) (S)(R)
4.00 **S.W.A.T.** 2/22. A drug dealer breaks out of jail. (S1) (S)(R)(AD)
5.00 **The Simpsons** *Rednecks and Broomsticks:* Lisa is invited to join a Wiccan coven. (S)(R) **5.30** *Boy Meets Curl:* Homer and Marge play for a curling team in the Winter Olympics. (S)(R)
6.00 **The Office (US)** 17/25. Oscar attends the funeral of Dwight's Aunt Shirley. (S)(R) **6.30** 18/25. The employees get hold of promos for the documentary. (S9) (S)(R)

9.00 Football's Funniest Moments

7.00 The Simpsons *Thursdays with Abie:* A columnist writes a series of stories about Grampa. (S)(R) **7.30** *The Colour Yellow:* Lisa is distressed when she investigates her ancestry for a school project. (S)(R)

8.00 UFO 3/4. The world reels from the *New York Times* bombshell, and some begin to wonder whether the government may be using the alien narrative to cover up something more sinister. (S)(R)(AD)

9.00 Football's Funniest Moments A look at the biggest laugh-out-loud moments and most comical incidents from the world of Premier League football. Featuring interviews with the great and good of the game, as well as contributions by pundits including Gary Neville and Chris Kamara and a range of comedians.

11.00 **Rob Beckett's Smart TV** With guests Gyles Brandreth, Sope Dirisu, Helen George and Judi Love. (S)(R)(AD)
11.45 **Last Week Tonight with John Oliver** Satirical talk show. (R)
12.30 AM **Veep** (S6) (S)(R)(AD)
1.40 **Road Wars** Double bill. (S)(R)
3.05 **NCIS: Los Angeles** (S14) (S)(R)
4.00 **S.W.A.T.** 2/22. (S1) (S)(R)(AD)
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
8.30-9.00pm Scotland's Greatest Escape (S)(R) **11.10** Sportscene: SWPL Highlights (S)(R) **11.40** Scotcast (S)(R) **12.10am** The Traitors US Reunion (S)(R) **1.10** Weather for the Week Ahead (S) **1.15-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
8.00pm Chronicles of the Sperrins New edition (S) **8.30-9.00** Panorama: Lockdown Kids – Five Years On New edition (S) **10.40** Saint Patrick: Born in Britain, Made in Ireland New edition (S) **11.40** Have I Got News for You (S)(R) **12.10am** The Traitors US Reunion (S)(R) **1.10-6.00am** BBC News (S)

WALES
Sky 965, Virgin 864, Freesat 965
8.30-9.00pm Iolo's Valleys (S)(R)

BBC2

N. IRELAND
Sky 969, Freesat 969
9.00pm The Shamrock Tenors: St Patrick's Night Concert (S)(R) **10.00-10.30** NEW SERIES Ceolta (S) **11.05pm-12.05am** NEW Thames Water: Inside the Crisis (S)(AD)

WALES
Sky 968, Freesat 968
No variations

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Cymry ar Gynfas **12.30** Heno **1.00** Hen Dy Newydd (AD) **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Siwrna Scandi Chris **4.00** Awr Fawr **5.00** Stwnsh **6.00** Y Tyrchwyr gyda Iolo Williams (AD) **6.30** Rownd a Rownd (AD) **6.57** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Y Byd ar Bedwar New edition **8.25** Sgwrs Dan y Lloer **8.55** Newyddion a'r Tywydd **9.00** Ffermio New edition **9.30** Sgorio **10.00** Cofio **11.00-11.35pm** Codi Hwyl America

TV&Satellite week
New issue on sale tomorrow

BBC3

115/117/121 | 107/113 | 23 | 107 | 107

BBC3 programmes start at 7.00pm

7.00 PM **Gladiators** 8/11. Bradley and Barney Walsh host the concluding quarter-final.
7.55 **The Catch Up**
8.00 NEW SERIES **The Agency: Unfiltered** 1/10. Kirsten and Amy are struggling to trust their staff. **8.30** New edition 2/10. Kirsten talks about her post-natal anxiety.
9.00 **Waterloo Road** 5/8. Amy's concerns grow as Jared's behaviour towards Libby takes a dark turn. (S15)
10.00 **Stacey Dooley: Rape on Trial** 1&2/2. The journalist and media personality meets four young women who have reported being raped by someone they know.
11.40 **Bad Influencer: The Great Insta Con** The rise and fall of internet wellness guru Belle Gibson.
12.30 AM **Go Hard or Go Home**
1.30 **Planet Sex with Cara Delevingne**
2.15 **The Agency: Unfiltered**
3.10 **to 3.55** AM **Bad Influencer: The Great...**

BBC4

116 | 107/108 | 9/24 | 106 | 108

BBC4 programmes start at 7.00pm

7.00 PM **Climbing Great Buildings** Jonathan Foyle visits Coventry Cathedral.
7.30 **Who Do You Think You Are? USA** Featuring *Friends* star Lisa Kudrow.
8.00 **Vasa: The Ghost Ship** The story of the *Vasa*, a Swedish Navy flagship.
9.00 **How to Win at Chess**
10.00 **Jack Vettriano: What Do Artists Do All Day?**
10.30 **Jack Vettriano: Heaven & Hell – Ex-S**
11.00 **Timothy Spall Remembers... Benjamin Zephaniah**
11.15 **Dread Poets Society: Screen Play** Drama.
11.45 **John Betjeman: The Last Laugh – Reputations**
12.50 AM **Climbing Great Buildings** As 7.00pm.
1.20 **Who Do You Think You Are? USA** As 7.30pm.
1.55 **Vasa: The Ghost Ship**
2.55 **Jack Vettriano: What Do Artists Do All Day?**
3.25 **to 3.55** AM **Jack Vettriano: Heaven & Hell – Ex-S**

MORE4

136/137 831 | 147 | 18 | 124

8.55 AM **Kirstie's House of Craft**
9.15 **A Place in the Sun**
10.05 **A New Life in the Sun**
11.05 **Find It, Fix It, Flog It**
1.05 PM **Car S.O.S**
2.05 **Four in a Bed**
4.50 **Chateau DIY** In the Dordogne region, a car park is converted into a new terrace and dining area.
5.50 **Car S.O.S** Fuzz Townshend and Tim Shaw attempt to restore a Sunbeam Alpine. **6.55** Fuzz and Tim secretly restore a Caterham 7.
7.55 **Car S.O.S** Tim Shaw and Fuzz Townshend restore a Datsun 240k Skyline, an extremely rare Japanese classic from the 1970s.
9.00 **Castle Secrets** New edition A magnificent manor is stripped of its former glory under the curse of the world's most expensive necklace. A baronial mansion carries a hex of the weeping stones.
10.00 **Hunting Nazi Treasure** 2/8. The treasure-hunting team travel around the world to investigate Hermann Goering's massive multi-country art-looting operation.
11.05 **Wonders of the World I Can't See** Niagara Falls.
12.10 AM **24 Hours in A&E**
1.15 **Emergency Helicopter Medics** Documentary.
3.25 **to 3.50** AM **Food Unwrapped**

+1 hour 236/237 | 347 | 125

E4

135/136 830 | 106 | 13 | 122

6.00 AM **Hollyoaks**
6.55 **Rude(ish) Tube Shorts**
7.00 **Ramsay's Kitchen Nightmares USA**
8.00 **The Goldbergs**
9.00 **The Big Bang Theory**
10.00 **Young Sheldon**
11.00 **Modern Family**
12.30 PM **The Big Bang Theory**
2.00 **Young Sheldon**
3.00 **Modern Family**
4.00 **The Simpsons**
5.00 **The Big Bang Theory**
6.30 **The Simpsons**
7.00 **Hollyoaks** One resident resorts to blackmail.
7.30 **Married at First Sight Australia** New edition It is time for the first Commitment Ceremony.
9.00 **Love Triangle UK** New edition 4/10. As fresh connections ignite and old decisions are put to the test, the couples feel the heat as they learn to navigate life as fully-fledged love triangles.
10.05 **First Dates** An Irish fashionista's date becomes a linguistic battle of wits.
11.05 **Gogglebox**
12.10 AM **Naked Attraction**
1.10 **Married at First Sight Australia** As 7.30pm.
2.35 **Love Triangle UK**
3.30 **Abbott Elementary**
3.55 **The Neighborhood**
4.45 **Modern Family**
5.10 **to 6.00** AM **Ramsay's Kitchen Nightmares USA**

+1 hour 235/236 | 306 | 30 | 123

Monday primetime

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

MONDAY Entertainment

Monday

Sky Witness

107 807 110 341 356

- 6.00 AM **Stop, Search, Seize**
- 7.00 **Motorway Patrol**
- 8.00 **Border Patrol**
- 9.00 **Border Security USA**
- 10.00 **Border Security: America's Front Line** Double bill.
- 11.00 **Bull** 1/16. (S5)
- 12.00 NOON **The Good Doctor** (S2)
- 1.00 PM **The Cleaning Lady** (S2)
- 2.00 **Chicago Fire** 21/22. Brett searches for closure with the baby she rescued. **3.00** 22/22. Brett waits for life-changing news. (S11)
- 4.00 **Nothing to Declare**

9.00 Blue Bloods

7 PM

- 7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM

- 8.00 **FBI: Most Wanted** *Anonymous:* 4/15. The team search for a young woman on a deadly quest for vengeance. (S2)

9 PM

- 9.00 **Blue Bloods** *Old Friends:* 10/20. A drug shipment arriving in New York must be found before the drugs flood the streets. (S12)

10 PM

- 10.00 **Law & Order: Special Victims Unit** *The Presence of Absence:* 16/22. Muncy struggles with Velasco's absence. (S24)
- 11.00 **The Rookie** 22/22. (S4)
- 12.00 M'T **Law & Order: Organized Crime** 6/22. (S2)
- 1.00 AM **FBI: Most Wanted** (S2)
- 2.00 **Matlock** New episode (S1)
- 3.00 **The Good Doctor** 10/18. (S2)
- 4.00 **Highway Patrol**
- 5.00 **to 6.00** AM **Road Wars**

+1 hour 207 310

Sky Atlantic

108/109 808 342 357

- 6.00 AM **Fish Town** Double bill.
- 7.50 **True Blood** 10&11/12. (S4)
- 9.45 **Six Feet Under** 4&5/13. (S2)
- 11.55 **Game of Thrones** 1/10. (S6)
- 12.55 PM **Westworld** (S1&2)
- 3.55 **True Blood** 10/12. Sookie uses her powers to stop Eric killing Bill at the Festival of Tolerance. **4.55** 11/12. Marnie plots to bewitch Bill, Eric and Pam into a suicide march. (S4)
- 5.55 **Six Feet Under** 4/13. Ruth draws up a plan for happiness, and David jumps at the chance to look after Taylor. (S2)

9.00 The White Lotus

- 7.00 **Six Feet Under** *The Invisible Woman:* 5/13. Claire discovers her friend Parker has cheated in her exams. (S2)
- 8.00 **Game of Thrones** *The Red Woman:* 1/10. Ellaria and the Sand Snakes make their move. (S6)
- 9.00 **The White Lotus** New episode *Full-Moon Party:* 5/8. Dark comedy drama set in a luxury resort in Thailand. (S3)
- 10.15 **Small Town, Big Story** *On Children:* 3/6. Joanne's 18th birthday and the first day of filming on the TV shoot lead to chaos. (S1)
- 11.15 **Homicide: Life on the Street**
- 12.20 AM **Gangs of London** 7/8. Elliot goes after those who have wronged him. (S2)
- 1.30 **The Last of Us** 6/9. (S1)
- 2.40 **Watchmen** 5/9. (S1)
- 3.55 **Game of Thrones** As 8.00pm.
- 4.55 **to 6.00** AM **Fish Town**

+1 hour 208/209

Sky Max

113/114 813 111 346 361

- 6.00 AM **Hawaii Five-0** (S1)
- 8.00 **The Flash** 10/20. (S8)
- 9.00 **Stargate SG-1** 17&18/22. (S3)
- 11.00 **Supergirl** 19/20. (S1)
- 12.00 NOON **The Flash** 11/20. (S8)
- 1.00 PM **Hawaii Five-0** (S2)
- 3.00 **NCIS: Los Angeles** 2/21. (S14)
- 4.00 **S.W.A.T.** 2/18. (S4)
- 5.00 **Supergirl** 18/20. Kara gains a valuable new ally when the Flash arrives from an alternate universe. (S1)
- 6.00 **Stargate SG-1** 17/22. A meteor strike leaves Jack stranded on an alien planet. (S3)

9.00 Poker Face

- 7.00 **Stargate SG-1** *Shades of Grey:* 18/22. Jack jeopardises Earth's diplomatic relations with the Tollans. (S3)
- 8.00 **An Idiot Abroad** 7/8. Karl Pilkington visits Peru, where he takes in the ancient Inca city of Machu Picchu.
- 9.00 **Poker Face** *Rest in Metal:* 4/10. Charlie goes on tour with heavy metal band Doxxxology. (S1)
- 10.00 **Small Town, Big Story** *On Children:* 3/6. Joanne's 18th birthday and the first day of filming on the TV shoot lead to chaos. (S1)
- 11.00 **Rob Beckett's Smart TV** With Gyles Brandreth, Sope Dirisu, Helen George and Judi Love.
- 11.55 **The Force: Manchester** A traffic cop gets more than he bargained for.
- 12.55 AM **Road Wars** Double bill.
- 3.00 **NCIS: Los Angeles** 2/21. (S14)
- 4.00 **S.W.A.T.** 2/22. (S1)
- 5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 816 115 6 113

- 6.00 AM **CITV**
- 9.00 **World's Funniest Videos**
- 9.55 **Love Bites** Double bill.
- 12.00 NOON **Dinner Date**
- 1.00 PM **Deal or No Deal**
- 2.00 **Supermarket Sweep**
- 3.00 **Charmed** 14/22. The Zodiacs ask Piper for help. (S8)
- 4.00 **Gilmore Girls** 13/22. Rory becomes jealous of Logan's new girlfriend (S5)
- 5.00 **Dinner Date**
- 6.00 **Celebrity Catchphrase** With Alex Brooker, Vicky Pattison and Max Whitlock.

10.00 Family Guy

- 7.00 **Deal or No Deal** Stephen Mulhern hosts as Monz takes on the Banker for the chance to win a life-changing cash prize.
- 8.00 **Ant & Dec's Limitless Win** The duo host the game show as married couple Crish and Karthy take on the money ladder.
- 9.00 **Hell's Kitchen** New edition 10/16. The chefs take a walk down memory lane and face a blind taste test.
- 10.00 **Family Guy** 10/12. Brian, Peter and Lois go on holiday together. **10.35** 4/12. Stewie decides to kill Lois. (S6)
- 11.05 **American Dad!** 5/16. Stan brainwashes Hayley. (S3) **11.35** 18/19. Stan tries to make a man out of Steve. (S2)
- 12.05 AM **Bob's Burgers** (S13)
- 1.05 **Iain Stirling's CelebAbility**
- 1.50 **World's Funniest Videos**
- 2.20 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114

ITV3

119 117 10 115

- 6.00 AM **Classic Emmerdale**
- 7.00 **Classic Coronation Street**
- 8.10 **Inspector Morse**
- 10.35 **The Royal** *In the Air.*
- 11.40 **Heartbeat** Double bill.
- 1.40 PM **Classic Emmerdale**
- 2.40 **Classic Coronation Street**
- 3.40 **Inspector Morse** *Greeks Bearing Gifts:* The sleuth investigates a double mystery.
- 6.00 **Heartbeat** *No Hard Feelings:* Crane and Merton have their hands full when a sniper strikes during a clay-pigeon shoot, causing mass chaos.

8.00 Midsomer Murders

- 7.00 **Heartbeat** *Difficult Times:* Dr Liz Merrick is mortified when one of her patients dies of an insulin overdose.
- 8.00 **Midsomer Murders** *The Sicilian Defence:* Barnaby searches for a link between two cases when a coma victim wakes up a year after she was attacked and members of a chess club are targeted by a killer. With Julie Graham.
- 10.00 **Endeavour** *Terminus:* The team are called to investigate the violent and peculiar murder of an Oxford college don.
- 11.55 **Trial & Retribution** 1/10. Part one of two. A body is found in an abandoned suitcase. **12.50** AM 2/10. Part two of two. Maryna stands trial for her attack on Malikov and says its was self defence. (S11)
- 1.45 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 180 162 110

- 12.00 NOON **This Is BBC Scotland**
- 2.00 PM **Sign Zone: This Farming Life**
- 3.00 **Sign Zone: Scotland's Sacred Islands with Ben Fogle**
- 4.00 **This Is BBC Scotland**
- 7.00 **Reporting Scotland**
- 7.30 **Sportscene: SWPL Highlights** Recent action.
- 8.00 **Scotland's Sacred Islands with Ben Fogle**
- 9.00 **Surgeons: At the Edge of Life** 3/6. Surgeons perform a preventative double mastectomy and breast reconstruction.
- 10.00 **River City** New episode Lenny is rattled as his delusion takes new life.
- 10.30 **Scotland's Greatest Escape** New edition 2/5. From the Black Isle.
- 11.00 **Scotcast** New edition Discussion on Scotland's biggest news stories.
- 11.30 PM **to 12.00** M'T **The Chief** 4/4. (S1)

Sky Comedy

114/115 814 112 347 362

- 8.00 AM **Avenue 5** 8/8. (S2)
- 8.40 **Crashing** 1/8. (S1)
- 9.15 **The Conners** (S1)
- 10.10 **Vice Principals** (S2)
- 11.20 **Ballers** 6&7/10. (S1)
- 12.30 PM **Curb Your Enthusiasm** (S4)
- 1.50 **Vice Principals** (S2)
- 3.10 **Ballers** 6&7/10. (S1)
- 4.20 **Avenue 5** 8/8. (S2)
- 5.00 **Crashing** 1/8. (S1)
- 5.40 **The Office (US)** (S9)
- 6.40 **The Conners** (S1)
- 7.40 **Curb Your Enthusiasm** 6/10. Larry obtains marijuana for his father. **8.20** 7/10. Guest stars Mel Brooks and David Schwimmer. (S4)
- 9.00 **Last Week Tonight with John Oliver** New edition
- 9.45 **Real Time with Bill Maher** New edition
- 10.55 **Last Week Tonight with John Oliver** As 9.00pm.
- 11.40 **Veep** 3&4/10. (S6)
- 1.00 AM **Crashing** (S1)
- 2.25 **Avenue 5** 5&6/8. (S2)
- 4.30 **to 5.00** AM **Sort Of**

Sky Arts

130/131 826 123 36 143 365

- 6.00 AM **Anne-Sophie Mutter, John Williams & Friends: A Celebration**
- 8.10 **Watercolour Challenge**
- 9.00 **Tales of the Unexpected**
- 10.00 **Hitchcock Presents**
- 11.00 **Discovering**
- 12.00 NOON **Watercolour Challenge** Double bill.
- 1.00 PM **Tales of the...**
- 2.00 **Auction Special**
- 3.00 **Discovering**
- 4.00 **Comedy Legends**
- 5.00 **Portrait Artist 2021**
- 6.00 **Tales of the Unexpected**
- 7.00 **Alfred Hitchcock Hour**
- 8.00 NEW **Brendan Gleeson's Farewell to Hughes's**
- 9.20 NEW **The Chieftains: Down the Old Plank Road – The Nashville Sessions**
- 11.40 **Jack B Yeats: The Man Who Painted Ireland**
- 12.50 AM **National Theatre Live: Frankenstein**
- 2.55 **Back to Basquiat**
- 4.05 **Sky Arts Book Club**
- 5.00 **to 6.00** AM **Auction**

Sky Mix

151 135 11 141

- 7.00 AM **Nothing to Declare**
- 9.00 **Bondi Rescue**
- 10.00 **Highway Patrol**
- 11.00 **Nothing to Declare**
- 12.00 NOON **Motorway Patrol**
- 1.00 PM **Border Patrol**
- 2.00 **Bondi Rescue**
- 3.00 **Nothing to Declare**
- 4.00 **Star Trek: The Next Generation** (S7)
- 5.00 **Stargate SG-1** (S1)
- 6.00 **Stargate Atlantis** (S2)
- 7.00 **Star Trek: Voyager** (S5)
- 8.00 **Hawaii Five-0** (S8)
- 9.00 **SEAL Team** (S4)
- 11.00 **Britain's Most Evil Killers** The story of murderous friends Sarah Williams and Katrina Walsh.
- 12.00 M'T **Snapped** A man vanishes in Florida.
- 1.00 AM **Nothing to Declare**
- 2.00 **Brit Cops: Law & Disorder** Documentary.
- 3.00 **Highway Patrol**
- 4.00 **Border Patrol**
- 5.00 **to 6.00** AM **Highway Patrol**

ITV Be

131/132 119 28 119

- 7.40 AM **Buying the View**
- 8.10 **Billie and Greg: The Family Diaries**
- 9.10 **Fletchers' Family Farm**
- 10.15 **Buying and Selling**
- 11.10 **The Real Housewives of Dubai** Reality series.
- 12.05 PM **Billie and Greg: The Family Diaries**
- 1.10 **The Only Way Is Essex**
- 2.10 **Dinner Date**
- 3.10 **Scott's Vacation House Rules** Series finale
- 4.05 **The Real Housewives of Dubai** Reality series.
- 5.00 **The Real Housewives of Atlanta** Reality series.
- 6.00 **Buying and Selling**
- 7.00 **Fletchers' Family Farm**
- 8.00 **Dinner Date**
- 9.00 **The Real Housewives of Cheshire** New edition
- 10.00 **The Real Housewives of Orange County**
- 11.00 **Botched** Medical series.
- 11.55 **The Only Way Is Essex**
- 12.55 AM **Buying the View**
- 1.20 **to 1.30** AM **Unwind**

+1 hour 319

GREAT! tv

157 170 50

- 8.00 AM **Diagnosis Murder**
- 10.00 **Father Dowling Mysteries** 3/8. (S1)
- 11.00 **Highway to Heaven**
- 2.00 PM **Father Dowling Mysteries** 8/8. (S1)
- 3.00 **Diagnosis Murder**
- 5.00 **Murder, She Wrote**
- 7.00 **M*A*S*H** 21–24/24. (S3)
- 9.00 **Randall and Hopkirk (Deceased)** *Ghost Who Saved the Bank at Monte Carlo:* 11/26. Marty's aunt needs protection in Monte Carlo. (S1)
- 10.00 **The Avengers** *Invasion of the Earthmen:* 16/33. Steed and Tara pose as a couple to infiltrate the Alpha Academy. (S6)
- 11.00 **The Persuaders!** (S1)
- 12.00 M'T **M*A*S*H** (S3)
- 2.00 AM **Randall and Hopkirk (Deceased)**
- 3.00 **The Persuaders!** (S1)
- 4.00 **Highway to Heaven**
- 4.50 **to 5.00** AM **GREAT! Movie News Extra**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 118 26 117

6.00 AM **Great Racehorses**
6.25 **The Protectors**
6.55 **The Sweeney**
7.55 **Robin of Sherwood**
9.05 **Magnum, PI**
10.05 **Kojak**
11.05 **BattleBots**
12.10 PM **Robin of Sherwood**
1.20 **Magnum, PI**
2.25 **Kojak**
3.25 **Minder**
4.30 **The Sweeney**
5.40 **BattleBots** New edition The World Championship qualifiers.

6.45 Snooker: Players...

6.45 **LIVE Snooker: Players Championship** Jill Douglas presents coverage of the first day from Telford International Centre, featuring the opening two first-round matches played over the best of 11 frames. Analysis from Stephen Hendry, Alan McManus, Neal Foulds and Ken Doherty, with commentary by Phil Yates and David Hendon.

10.15 **FILM Alien Resurrection** Sci-fi horror thriller sequel starring Sigourney Weaver, Winona Ryder and Dominique Pinon. (1997, 15, 110min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.20 AM **Two and a Half Men**
1.10 **Minder**
2.05 **The Protectors**
2.35 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 836 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 16/26. (S4)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: Deep Space Nine** 5/26. (S7)
2.00 **Warehouse 13** 12/20. (S4)
3.00 **Stargate SG-1** 4/20. (S10)
4.00 **Star Trek: Voyager** (S3)
5.00 **Star Trek: Deep Space Nine**
6.00 **Star Trek: The Next Generation** 16/26. The crew members encounter an orphaned alien creature. (S4)

9.00 Grimm

7.00 **Warehouse 13** *Parks and Rehabilitation:* 12/20. Artie tries to make a return to work. (S4)

8.00 **Stargate SG-1** *Insiders:* 4/20. Stargate Command's old enemy Ba'al strikes a deal with the team to capture his clones. (S10)

9.00 **Grimm** *Cold Blooded:* 7/22. Hank and Nick meet an urban legend in the Portland sewers. (S3)

10.00 **The Walking Dead** *A:* 16/16. The survivors discover whether the mysterious Terminus is really as peaceful and safe as promised. (S4)
11.00 **SurrealEstate** 9/10. The Agency must guide a ghost into the light. **12.00** M'T 10/10. Luke must use his regained powers to save the team. (S2)
1.00 AM **True Blood** 7&8/12. (S2)
3.00 **Train** 6/12. (S1)
4.10 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 809 114 343 358

7.15 AM **Murdoch Mysteries** (S12)
9.00 **Father Brown**
10.00 **The Doctor Blake Mysteries**
11.00 **Hudson & Rex** 4/20. (S5)
12.00 NOON **The Mentalist** (S5)
1.00 PM **Death in Paradise** (S2)
2.00 **Murdoch Mysteries** (S12)
4.00 **The Doctor Blake Mysteries**
5.00 **Hudson & Rex** 4/20. A severed hand is discovered in a box of frozen cod. (S5)
6.00 **Father Brown** *The Hammer of God:* A man is murdered at the unveiling of a new church clock. Stars Mark Williams.

8.00 White Collar

7.00 **The Mentalist** *Red, White and Blue:* 17/22. Lisbon and Jane investigate the murder of an army medic. (S5)

8.00 **White Collar** *No Good Deed:* 9/13. The reappearance of a Welsh gold coin leads Peter closer to the truth. (S5)

9.00 **Death in Paradise** *Murder on the Plantation:* 1/8. The owner of a sugar plantation is found with a machete in his back. (S2)

10.00 **Father Brown** *The Passing Bell:* A new musical director for the bell-ringers of St Mary's leads to discord.
11.00 **The Mentalist** As 7.00pm.
12.00 M'T **White Collar** As 8.00pm.
1.00 AM **Elementary** 16/24. Holmes discovers Watson has been lying to him, but it seems she is not the only one. (S1)
1.55 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 810 124 344 359

7.10 AM **Highlights**
9.00 **On the Up**
9.35 **Are You Being Served?**
10.20 **Only Fools and Horses**
11.00 **Last of the Summer Wine**
12.20 PM **Keeping Up Appearances**
1.00 **On the Up**
1.35 **Dad's Army**
2.15 **Only Fools and Horses**
3.00 **Are You Being Served?**
3.40 **Last of the Summer Wine**
5.00 **On the Up**
5.40 **Keeping Up Appearances**
6.20 **Are You Being Served?**

7.40 Dad's Army

7.00 **Only Fools and Horses** A decorating disaster befalls the Trotters.
7.40 **Dad's Army** The platoon boost their fighting strength by acquiring an armoured car. **8.20** Mainwaring's men head off for a weekend at a training camp.

9.00 **Men Behaving Badly** First episode of the sitcom starring Martin Clunes. **9.35** Dermot and Gary become competitive over a game of chess.

10.10 **Harry Enfield and Chums** Frank Doberman lectures racing driver Damon Hill. **10.50** Kevin and Perry try to befriend some girls at a party, while Tim Nice-But-Dim transforms himself into a rock star.
11.30 **Inside No 9**
12.50 AM **Men Behaving Badly**
1.55 **Harry Enfield and Chums**
2.55 **to 4.00** AM **Inside No 9**

+1 hour 210/211 324

U&Dave

111/112 811 127 19 157

7.10 AM **World's Most Dangerous Roads** Olga Koch and Thanyia Moore head to Bulgaria.
8.00 **Highland Cops**
10.00 **American Pickers**
12.00 NOON **Storage Hunters UK**
2.00 PM **James May's Man Lab**
3.00 **Top Gear** Double bill.
5.00 **Hairy Bikers' Best of British** Si King and Dave Myers explore comfort food.
6.00 **Rick Stein's Road to Mexico** Rick's journey draws to a close as he heads east from Oaxaca to the Yucatan Peninsula.

10.00 Alan Davies: As Yet Untitled

7.00 **Would I Lie to You?** With Warwick Davis, Hugh Dennis, Katherine Ryan and John Simpson.
7.40 **Richard Osman's House of Games** With Rickie Haywood-Williams. **8.20** With guests Maisie Adam, Ivo Graham, Dev Griffin and Zoe Lyonsk.

9.00 **QI** Guests Matt Lucas, Holly Walsh and Susan Calman join regular panellist Alan Davies, and host Sandi Toksvig.

10.00 **Alan Davies: As Yet Untitled** With guests Stephen Mangan, Isy Suttie, Jordan Gray and Seann Walsh.
11.00 **Taskmaster** Nish Kumar pretends that he is Robin Hood, while Mark Watson feels the wrath of yoghurt.
12.00 M'T **Mock the Week**
12.40 AM **Would I Lie to You?**
2.00 **to 4.00** AM **Meet the Richardsons**

+1 hour 211/212 327 74

Monday

7 PM 8 PM 9 PM 10 PM

4seven

137/138 143 49 127

9.00 AM **Four in a Bed**
9.30 **Sun, Sea and Selling Houses** Double bill.
11.30 **A Place in the Sun**
2.30 PM **Come Dine with Me**
5.00 **A Place in the Sun**
6.00 **Location, Location, Location** East Midlands.
7.00 **A Place in the Sun**
7.45 **The Great Celebrity Bake Off for Stand Up to Cancer** Celebrities put their baking skills to the test, with new judge Caroline Waldegrave overseeing the efforts of Chris and Rosie Ramsey and Scarlette and Stuart Douglas.
9.00 **Celebrity Gogglebox** *Bridgerton* and *The Piano* are appraised.
10.00 **24 Hours in A&E**
11.00 **999: On the Front Line**
12.05 AM **Gogglebox**
2.10 **8 Out of 10 Cats Does Countdown**
3.10 **The Nevermets**
4.10 **to 4.40** AM **Travel Man: 48 Hours in Vilnius**

5USA

141/169 120/162 21 129

9.00 AM **Entertainment News**
9.10 **NCIS** 20-22/24. (S12)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Sister City – Part One*: 12/24. The first instalment of a two-part crossover with *NCIS: New Orleans*. **7.00** *Déjà Vu:* 13/24. The team suspect foul play when a seaman who was set to testify before a grand jury dies. **8.00** *Decompressed:* 14/24. A deep-sea diver is murdered by one of his co-workers. (S13) **9.00** New episode *Prime Cut:* 9/10. The team travel to Texas to interrogate the suspected killer of a Marine captain. (S21)
10.00 **Law & Order: Special Victims Unit** (S17&16)
1.50 AM **Blue Bloods** (S6)
2.45 **The Good Wife** (S2)
3.35 **to 4.00** AM **Motorway Patrol**

+1 hr 241/269 320/362 130

5STAR

128/129 126 32 131

8.00 AM **Rich Kids Go Skint**
9.00 **Bargain-Loving Brits in the Sun** Documentary.
10.00 **Nightmare Tenants, Slum Landlords**
11.00 **Traffic Cops** Triple bill.
2.00 PM **Police Interceptors**
5.00 **Shoplifters: Caught Red Handed**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts** There is a shortage of porters.
9.00 **Ambulance: Code Red** Paramedics help a child who was hit by a car.
10.00 **A&E After Dark** An elderly patient has fallen down the stairs.
11.00 **Skin A&E** Documentary.
12.00 M'T **Adults Only: Sex Made Millionaires**
1.00 AM **Dexter** (S3)
3.00 **Home and Away**
3.50 **to 4.00** AM **Entertainment News**

+1 hour 228/229 326 140

5Action

150 130 33 132

9.00 AM **Entertainment News**
9.10 **Outback Truckers**
10.10 **Traffic Cops**
11.10 **Police Interceptors**
12.10 PM **FILM Horizons West** Western starring Rock Hudson and Robert Ryan. (1952, PG, 81min) ★★
1.55 **FILM Pillars of the Sky** Western with Dorothy Malone and Jeff Chandler. (1956, PG, 95min) ★★
4.00 **Outback Truckers**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
7.00 **Motorway Cops: Catching Britain's Speeders** Documentary.
8.00 **Police Interceptors**
9.00 **FILM Unknown** Conspiracy thriller starring Liam Neeson and Diane Kruger. (2011, 12, 113min) ★★★
11.20 **Extreme Tow Truckers**
12.20 AM **Ice Cold Catch**
1.20 **Police Interceptors**
2.15 **to 4.00** AM **Trucking Hell**

U&W

132/133 827 125 25 156

6.10 AM **Inside the Ambulance**
7.00 **My Dream Home**
8.00 **Tipping Point**
11.00 **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **DIY SOS: The Big Build**
7.00 **NEW SERIES MasterChef Junior USA** Twelve new contestants are welcomed to the kitchen and given cookies decorated with emojis.
8.00 **Cops on the Rock** The drug squad make a pre-dawn arrest.
9.00 **Brit Cops Down Under**
10.00 **Ambulance Australia**
11.00 **Bradford on Duty**
12.20 AM **Inside the Ambulance**
12.50 **Fashion's Dirty Secrets: Stacey Dooley Investigates** The trade in cheap clothing.
1.50 **to 3.00** AM **Alex Jones: Making Babies**

+1 hour 232/233 325

U&Drama

143 116 20 158

7.10 AM **All Creatures Great and Small**
8.00 **Doctors**
9.15 **Classic Holby City**
10.35 **Classic Casualty**
11.40 **The Bill**
12.40 PM **Classic EastEnders**
2.00 **Eldorado**
3.15 **Bergerac**
4.20 **All Creatures Great...**
5.20 **One Foot in the Grave**
6.00 **As Time Goes By**
6.40 **Last of the Summer Wine** Double bill.
8.00 **The Brokenwood Mysteries** *Stone Cold Dead:* 2/4. A woman is killed by an arrow. (S4)
10.00 **New Tricks** *Part of a Whole:* The team try to unmask an assassin killing off the men who took part in a covert MI5 operation.
11.20 **Bergerac**
12.20 AM **Lovejoy**
2.40 **to 4.00** AM **Classic Holby City**

+1 hour 243 316 60

MONDAY Entertainment

Really
142 128 17 145

6.00 AM **Fantasy Homes by the Sea** From Corfu.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
10.00 **Money for Nothing**
12.00 NOON **Escape to the Country** Double bill.
2.00 PM **Antiques Road Trip**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Antiques Road Trip**
9.00 **The Yorkshire Auction House** New edition Angus Ashworth and his team perform house clearances and uncover hidden gems. **10.00** A widower's furniture needs to make big money so he can be reunited with his family. **11.00** A retired couple need the team's help with a downsize.
12.00 M'T **Help! My House Is Haunted** Double bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge
145 139 48 142

7.00 AM **The Chase**
10.00 **The Bidding Room**
11.00 **Play Your Cards Right**
12.00 NOON **Tenable**
1.00 PM **Family Fortunes**
3.00 **Catchphrase** Double bill of the game show.
4.00 **Blockbusters** Double bill of the quiz show.
5.00 **Bullseye** Double bill of the darts-based quiz.
6.00 **The Bidding Room** Items include a vintage bucket with a dark past.
7.00 **Tenable** Warwick Davis. hosts as five friends from North Yorkshire take part in the quiz.
8.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
10.00 **Tenable** As 7.00pm.
11.00 **Bullseye** Double bill of the darts-based quiz.
12.00 M'T **Weakest Link**
1.00 AM **The Crystal Maze**
2.00 **The Chase** Double bill.
4.00 **Tenable** As 7.00pm.
5.00 **to 6.00** AM **Bullseye**

GREAT! action
323 426 42

8.10 AM **Wanted: Dead or Alive** Western drama.
8.50 **Jack Hunter and The Lost Treasure of Ugarit**
11.00 **The High Chaparral**
12.00 NOON **Wanted: Dead or Alive** Double bill.
1.00 PM **FILM Return to Warbow** Western. (1958, PG, 67min) ★★
2.30 **FILM Silverado** Western. (1985, PG) ★★★
5.30 **Wanted: Dead or Alive**
7.00 **The High Chaparral**
8.00 **The Avengers** (S6)
9.00 **FILM 12 Rounds** Action thriller with John Cena. (2009, 12, 103min) ★★
11.20 **FILM Reprisal** Thriller starring Frank Grillo. (2018, 15, 91 min) ★★
1.20 AM **FILM The Philadelphia Experiment** Sci-fi mystery thriller remake. (2012, 15, 89min) ★★
3.10 **to 5.00** AM **Wild West Chronicles**
+1hour 324

GREAT! movies
321 425 34

9.00 AM **FILM Lost Letter Mysteries for Christmas** Drama. (2014, PG) ★★
11.00 **FILM Lost Letter Mysteries: From Paris with Love** Drama. (2015, PG, 90min) ★★
1.00 PM **FILM In Bed with a Killer** Crime thriller. (2019, PG, 92min) ★★
3.00 **FILM Deadly Exchange** Thriller. (2017, 12) ★★
5.00 **FILM A Martha's Vineyard Mystery: Ships in the Night** Drama. (2021, PG, 89min) ★★
7.00 **Sue Thomas: F.B.Eye**
9.00 **FILM Alien³** Sci-fi horror thriller sequel. (1992, 15, 115min) ★★★
11.25 **FILM The Winter Soldier** Sci-fi adventure. (2016, 15, 101 min) ★★
1.40 AM **FILM The Nurse** Drama. (2014, PG) ★★
3.30 **Air Rescue**
4.00 **to 6.00** AM **FILM Fatal Acquittal** (2014, PG) ★★
+1hour 322

GREAT! romance
319 424 52

8.00 AM **FILM Harvest Love** Drama. (2017, PG) ★★
10.05 **FILM Sweet Autumn** Drama. (2020, PG) ★★
12.05 PM **FILM Raise a Glass to Love** Romantic drama. (2021, PG, 84min) ★★
2.00 **FILM The Perfect Pairing** Romantic drama. (2022, U, 82min) ★★
4.00 **FILM Love on the Menu** Drama. (2019, PG) ★★
6.05 **FILM Truly, Madly, Sweetly** Drama. (2018, PG, 82min) ★★
8.00 **FILM PREMIERE Wedding Do Over** Drama with Parker Young. (2018, PG, 90min) ★★
10.00 **FILM Summer Villa** Romantic drama. (2016, PG, 84min) ★★
11.55 **FILM Love's Last Resort** Drama. (2017, PG) ★★
1.50 AM **Highway to Heaven**
3.00 **to 5.00** AM **FILM Frozen in Love** Drama. (2018, PG, 84min) ★★
+1hour 320 63

Rewind TV
182 95

6.00 AM **Highlights**
9.00 **Stereo Underground**
10.00 **The Monkees** (S1)
10.30 **Watching** 7/8. (S2)
11.00 **Married... with Children**
11.30 **Bewitched** 15/36. (S1)
12.00 NOON **Shine on Harvey Moon** 3&4/6. (S1)
1.00 PM **Jason King** (S1)
2.00 **Return of the Saint**
3.00 **Dave Allen**
4.00 **Stereo Underground**
5.00 **Married... with Children**
5.30 **Watching** 7/8. (S2)
6.00 **Bewitched** 15/36. (S1)
6.30 **The Monkees** (S1)
7.00 **Fantasy Island** (S1)
8.00 **Return of the Saint**
9.00 **Jason King** 16/26. (S1)
10.00 **Game On** 2/6. (S3)
10.35 **Drop the Dead Donkey**
11.05 **The Mrs Merton Show**
11.40 **Hammer House of Horror** 6/13. (S1)
12.40 AM **Dave Allen**
1.40 **That's My Dog**
2.05 **Monkey Nuts**
2.45 **to 6.00** AM **Highlights**

DMAX
159 169 39 147

6.00 AM **Alaska: The Last Frontier** Double bill.
8.00 **Outback Opal Hunters**
9.00 **Deadliest Catch**
11.00 **Alaska: Homestead Rescue** Double bill.
1.00 PM **Aussie Gold Hunters**
3.00 **Yukon Gold** Double bill.
5.00 **Alaskan Bush People**
7.00 **Deadliest Catch** The *Big Valley* is forced to send out an emergency signal. **8.00** The *Big Valley* sinks and a deckhand falls overboard.
9.00 **Naked and Afraid XL** Twelve elite survivalists try to survive 40 days trapped in a punishing African location.
11.00 **Aussie Gold Hunters** Shane and Russell take a gamble on a wash plant.
12.00 M'T **Naked and Afraid XL** Double bill.
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Building Alaska**
+1hour 259 369 153

Food Network
140/141 190 43 148

6.00 AM **Roux Back Down the River** Fly fishing.
7.00 **The Pioneer Woman**
9.00 **Jamie's 15 Minute Meals**
11.00 **Great British Bake Off**
12.30 PM **Paul Hollywood: City Bakes** As 8.30pm.
1.00 **Michel Roux's Provence Masterclass**
2.00 **Michel Roux's French Country Cooking**
3.00 **The Pioneer Woman**
5.00 **Jamie's 15 Minute Meals**
7.00 **Great British Bake Off**
8.30 **Paul Hollywood: City Bakes** Paul looks back over his journey.
9.00 **Michel Roux's Provence Masterclass**
10.00 **Rick Stein's Seafood Odyssey** Double bill.
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food with Casey Webb**
2.00 **to 3.00** AM **Guy's Grocery Games**
+1hour 240/241 154

Legend
148 149 41 137

8.00 AM **Walker, Texas Ranger** 20/26. (S3)
9.00 **Six Million Dollar Man**
10.00 **T.J. Hooker** 17/23. (S4)
11.00 **FILM The Day the Earth Stopped** Thriller. (2008, 15, 90min) ★★
1.00 PM **The Gambler Returns: The Luck of the Draw** 1&2/2.
5.00 **Star Trek** 14/26. (S2)
6.00 **T.J. Hooker** 18/23. (S4)
7.00 **Six Million Dollar Man**
8.00 **Walker, Texas Ranger**
9.00 **FILM Out of Sight** Romantic thriller starring George Clooney and Jennifer Lopez. (1998, 15, 122min) ★★★★
11.25 **FILM The Enforcer** Thriller with Mojean Aria. (2022, 18, 90min) ★★
1.15 AM **FILM Eye for an Eye** Mystery thriller. (2019, 15, 98min) ★
3.10 **to 5.00** AM **FILM To the Devil a Daughter** Horror with Christopher Lee. (1976, 18, 95min) ★
+1hour 318 371 139

Legend Xtra
317 171 69 138

6.00 AM **FILM Eye of the Beast** As 5.00pm.
8.00 **FILM Independents' Day** Sci-fi adventure. (2016, 15, 91min) ★★
10.00 **Farscape** 22/22. (S2)
11.00 **FILM Meteor Apocalypse** Adventure. (2010, 15, 90min) ★
1.00 PM **FILM Doomwatch** Ecological chiller. (1972, 12, 92min) ★★★
3.00 **Farscape** 22/22. (S2)
4.00 **Star Trek** 22/26. (S2)
5.00 **FILM Eye of the Beast** Horror thriller starring James Van Der Beek. (2007, 15, 90min) ★★
7.00 **Farscape** 1/22. (S3)
8.00 **Star Trek** 23/26. (S2)
9.00 **FILM Wheels of Terror** World War Two drama. (1987, 15, 101min) ★★
11.05 **FILM Age of Kill** Thriller. (2015, 15, 82min) ★★
1.00 **to 3.00** AM **FILM Man Down** Wartime drama. (2015, 15, 90min) ★★
+1hour 318 371 139

Blaze
164 174 64 161

6.00 AM **Dickinson's Real Deal** From Macclesfield.
6.40 **Pawn Stars**
7.30 **Container Wars**
7.55 **Storage Hunters**
8.55 **Hardcore Pawn**
10.15 **UFO Hunters**
11.10 **Conspiracy Files**
11.40 **National Park Mysteries**
12.10 PM **Weird Britain**
1.05 **When Big Things Go Wrong** A DC-10 crash.
2.05 **Pawn Stars** Double bill.
3.05 **Storage Hunters**
4.00 **Ancient Aliens**
6.00 **UFO Hunters**
7.00 **Storage Hunters**
8.00 **Dickinson's Real Deal**
9.00 **Skinwalker Ranch**
11.00 **Secrets in the Jungle**
12.00 M'T **Book of Secrets**
1.00 AM **UFO Hunters**
2.00 **Conspiracy Files**
2.30 **National Park Mysteries**
3.00 **Hardcore Pawn**
3.25 **Counting Cars**
4.10 **to 6.00** AM **Ancient Aliens**

5SELECT
153 138 46 133

9.00 AM **World's Most Scenic Railway Journeys**
10.00 **Dorset: Country and Coast** Poole Quay.
11.00 **Ben Fogle: New Lives in the Wild** Double bill.
1.00 PM **The Yorkshire Vet**
3.00 **Murder, She Wrote**
4.00 **Columbo**
5.50 **Britain's Greatest Bridges** Britannia Bridge.
6.00 **Scotland's Most Scenic Railway Journeys**
7.00 **Ben Fogle: New Lives in the Wild** Double bill.
9.00 **Susan Calman's Grand Day Out** Lyme Regis.
10.00 **Holidaying with Jane McDonald**
11.00 **Prisoner: Cell Block H**
1.00 AM **The Madame Blanc Mysteries** 7/7. (S2)
2.00 **The Madame Blanc Mysteries Christmas Special** Mystery drama.
3.00 **The Madame Blanc Mysteries** 1/6. (S3)
3.50 **to 4.00** AM **Entertainment News**

HGTV
158 191 44 149

7.00 AM **Building Alaska**
8.00 **A Place in the Sun**
10.00 **Escape to the Country**
12.00 NOON **My Lottery Dream Home**
2.00 PM **A Place in the Sun**
3.00 **Escape to the Country**
5.00 **A Place in the Sun**
8.00 **The Great Interior Design Challenge**
9.00 **Unsellable Houses** New edition The twins hatch a renovation plan for a home with a pigeon coop that's scaring away buyers.
10.00 **Celebrity IOU** New edition Actor Fran Drescher wants to upgrade living spaces for her housekeepers.
11.00 **Flip or Flop** Double bill.
12.00 M'T **Good Bones**
1.00 AM **Building Alaska**
2.00 **Home Town**
3.00 **to 4.00** AM **My Lottery Dream Home**
+1hour 258/262 391

TLC
133/134 828 165

7.00 AM **Extreme Cheapskates**
8.00 **Flip or Flop**
9.00 **Say Yes... Lancashire**
11.00 **My 600lb Life**
12.00 NOON **Dr Pimple Popper** Medical series.
1.00 PM **sMothered**
2.00 **Return to Amish**
3.00 **Little People, Big World**
5.00 **My 600lb Life**
6.00 **Dr Pimple Popper**
7.00 **7 Little Johnstons**
9.00 **Baylen Out Loud** New edition Colin seeks Baylen's parents' blessing to propose.
10.00 **I Am Shauna Rae**
11.00 **Sex Sent Me to the ER**
12.00 M'T **Body Bizarre**
1.00 AM **Extreme Couponing**
1.30 **Extreme Cheapskates**
2.00 **I am Shauna Rae**
3.00 **Sex Sent Me to the ER**
4.00 **7 Little Johnstons**
5.00 **to 6.00** AM **Extreme Couponing**
+1hour 233/234 365

Comedy Central
112/113 812 132 345 360

8.00 AM **Most Ridiculous**
9.00 **Guessable?**
10.00 **Home Improvement**
12.00 NOON **Last Man Standing** (S3)
1.00 PM **Friends** (S1&2)
9.00 **Al Murray: One Man, One Guvnor Uncut**
10.00 **NEW SERIES Utopia** 1/8. Tony resolves to focus on big things in the new year. **10.35** New episode 2/8. Nat makes the fatal mistake of asking HR for help. (S2)
11.10 **Your Face or Mine**
12.10 AM **Michael McIntyre's Very Christmassy Christmas Show**
1.10 **Whose Line Is It Anyway? USA**
2.10 **South Park** (S6)
3.10 **Modern Horror Stories**
3.25 **Tom Allen Absolutely Live** Stand-up show.
4.15 **to 5.00** AM **Friends**
+1hour 212/213 332

Comedy Cen. Extra
127/128 154

6.00 AM **Home Improvement**
7.00 **Teleshopping**
9.00 **Impractical Jokers**
10.00 **Becker** 14&15/24. (S3)
11.00 **Friends** 3-6/24. (S8)
1.00 PM **Criminally Funny**
2.30 **Impractical Jokers**
3.00 **Whose Line Is It Anyway? USA**
4.00 **Guessable?**
5.00 **Becker** 14&15/24. (S3)
6.00 **Home Improvement**
8.00 **Last Man Standing** (S3)
9.00 **New Girl** 9/24. The flatmates attend a party. **9.30** 10/24. Jess plans Schmidt's birthday. (S1)
10.00 **Friends** 17-22/24. (S1)
1.00 AM **Ren & Stimpy Show**
2.00 **Key & Peele**
3.00 **Ugly Americans**
3.45 **Rob Beckett's Undeniable**
4.30 **Baddiel & Skinner Unplanned Live from London's West End**
5.15 **to 6.00** AM **Home Improvement**

Sky Replay
152 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Four Weddings**
10.00 **Nothing to Declare**
11.00 **Border Patrol**
12.00 NOON **DC's Legends of Tomorrow** (S1)
2.00 PM **Motorway Patrol**
3.00 **UK Border Force**
4.00 **Border Patrol**
5.00 **Sun, Sea and A&E**
6.00 **Highway Cops**
7.00 **The Ark** 7&8/12. (S1)
9.00 **UK Border Force** A student is prevented from entering the UK. **10.00** Sham weddings.
11.00 **Road Wars**
12.00 M'T **The Russell Howard Hour**
1.00 AM **A League of Their Own Road Trip: Dingle to Dover**
2.00 **The Overlap on Tour**
3.00 **Duck Quacks Don't Echo** With Sara Cox.
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

MTV
126/127 824 134

6.00 AM **Daria** 7/13. (S3)
6.20 **16 and Pregnant**
7.10 **Teen Mom OG**
9.00 **Teen Mom 2**
11.00 **Catfish: The TV Show**
1.00 PM **Catfish: The TV Show** Double bill.
3.00 **Catfish: Catch of the Day** Reality series.
4.00 **Catfish: The TV Show**
5.00 **Catfish: Models**
6.00 **Catfish: The TV Show**
7.00 **Teen Mom: The Next Chapter** Double bill.
9.00 **True Life Crime UK** Linda Adey investigates the murder of teenager Tavis Spencer Aitkens..
10.00 **Skin A&E**
11.00 **Ink Master**
12.00 M'T **Ridiculousness** New edition Rob, Steelo and Carly discover the dangers of nocturnal snowboarding.
12.30 AM **Ridiculousness**
1.00 **Ink Master** Double bill.
2.45 **Ex on the Beach**
3.35 **to 4.00** AM **Teen Cribs**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 823 177 320 325

6.00 AM **How It's Made: Dream Cars** Double bill of editions.
7.00 **Treehouse Masters**
9.00 **Kindig Customs**
11.00 **Wheeler Dealers**
1.00 PM **Alaska: Homestead Rescue** Double bill of editions.
3.00 **America's Backyard Gold**
4.00 **The Last Woodsmen** Jared Douglas tries to harvest the planet's most valuable trees.
5.00 **Deadliest Catch** Linda gets too close to danger.
6.00 **Wheeler Dealers** The boys snap up a Mitsubishi Shogun.

10.00 Texas Metal

7.00 **Salvage Hunters** Drew visits an antique dealer whose stock includes a lamp that could make his entire trip worthwhile.

8.00 **Hoffman Family Gold** Following miner Todd Hoffman as he turns around a distressed mine in Nome, Alaska.

9.00 **Mega Shippers** Craig has 48 hours to get four super cars to Spain, and rain threatens to ruin a huge shipment of fertiliser.

10.00 **Texas Metal** New edition After Ekstensive finished his MGC, John Cena comes to the shop with 1937 Bugatti Type 57 parts.

11.00 **Mystery at Blind Frog Ranch** Chad makes a huge mistake that could prove costly.
12.00 M'T **Mountain Monsters** The team look for a creature known as the West Virginia vampire.
1.00 AM **Mega Shippers**
2.00 **Texas Metal** Double bill.
4.00 **to 5.00** AM **Moonshiners**

+1hour 225/226 377

Animal Planet

162/175 178

8.00 AM **Tanked** With Ludacris.
9.00 **Pit Bulls & Parolees**
10.00 **My Cat from Hell**
11.00 **Animal Cops Philadelphia**
12.00 NOON **Tanked** A shark tank.
1.00 PM **Pit Bulls & Parolees**
2.00 **Legends of the Wild**
4.00 **My Cat from Hell** Jackson helps an over-aggressive cat living in a shelter.
5.00 **Animal Cops Philadelphia** Rookies learn the ropes.
6.00 **Tanked** Wayde and Brett build a 24ft-long tank with individual sleeping pods.

9.00 Fish or Die

7.00 **Pit Bulls & Parolees** The rescue team rush to help a stray dog trying to deliver puppies.

8.00 **Fish or Die** The anglers follow a lead to a remote river in Greenland that is believed to hold huge Arctic char.

9.00 **Fish or Die** The guys are in Mongolia in search of taimen, the largest, most ferocious member of the salmon family.

10.00 **Edge of Alaska** As the battle for McCarthy wages on, experts locate the only known entrance into the Mother Lode mine.

11.00 **Celebrity Animal Encounters**
12.00 M'T **Crikey! It's the Irwins** Bindi and the family plan an emotional surprise for Terri in the Crocoseum.
1.00 AM **Edge of Alaska**
2.00 **My Cat from Hell**
3.00 **Animal Cops Philadelphia**
4.00 **to 5.00** AM **Tanked**

+1hour 262/275 378

Nat Geographic

129/130 825 183

8.00 AM **Food Factory**
9.00 **Air Crash Investigation**
10.00 **Mysterious Islands**
11.00 **Nazi Megastructures: Battle Ready** Documentary.
12.00 NOON **Car S.O.S**
2.00 PM **Air Crash Investigation**
3.00 **Drain the Oceans**
4.00 **Nazi Megastructures**
5.00 **Car S.O.S** Fuzz Townshend and Tim Shaw secretly restore a Ford Sierra RS Cosworth.
6.00 **Lost Treasures of Egypt** Following a search for Queen Cleopatra's tomb.

9.00 Air Crash Investigation

7.00 **Air Crash Investigation** When a explosion tears a hole in a 747, the search for answers leads to a deadly short circuit.

8.00 **World War II: Secrets from Above** New edition German and Italian forces threaten British-controlled Egypt.

9.00 **Air Crash Investigation** New edition Wreckage from the crash scene of a cargo jet contradicts the pilots' explanation.

10.00 **Mutant Weather** The stories of citizens most urgently affected by the melt in Alaska, as they face becoming refugees.

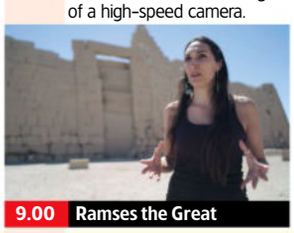
11.00 **Air Crash Investigation**
12.00 M'T **Car S.O.S**
1.00 AM **UFOs: Investigating the Unknown** Documentary.
2.00 **Made in a Day**
2.30 **Lords of War** Double bill.
3.20 **Food Factory**
4.10 **to 5.00** AM **Secrets of the Zoo: Keeper Tales**

+1hour 229/230 383

Sky History

123/124 821 131 353 368

6.00 AM **American Pickers**
6.50 **River Hunters**
7.45 **Rust Valley Restorers**
8.45 **Forged in Fire**
9.35 **Auction Kings**
10.05 **Storage Wars**
12.00 NOON **Mountain Men**
1.00 PM **Rust Valley Restorers**
2.00 **History's Greatest Aircraft**
4.00 **Curse of the Ancients**
5.00 **Pawn Stars** A cowboy hat once owned by Ronald Reagan arrives on Rick's lap.
6.00 **American Pickers** The origins of a high-speed camera.



9.00 Ramses the Great

7.00 **Forged in Fire** Four bladesmiths must recreate the Fairbairn Sykes fighting knife.

8.00 **Digging for Britain** Alice Roberts visits a dig in southern England that reveals a previously unknown Roman town.

9.00 **Ramses the Great: King of Ancient Egypt** New edition The secrets and lies of Ramses II, who ruled Egypt for 66 years.

10.00 **Secrets in the Ice** New edition An insect able to survive on the frozen glaciers of the Andes Mountains.

11.00 **The UnXplained with William Shatner** New edition Islands with dark histories.
12.00 M'T **Paranormal: Caught on Camera** A sea monster.
1.00 AM **Rust Valley Restorers**
2.00 **Ancient Aliens**
3.00 **The Proof Is Out There**
4.00 **to 6.00** AM **Storage Wars**

+1hour 223/224 331

U&Yesterday

155 846 129 27 159

6.10 AM **Antiques Roadshow**
8.00 **World War Weird**
9.00 **WW2: Frontlines**
10.00 **Secrets of the London Underground** Double bill.
12.00 NOON **Simon Reeve's South America** As 12.00m't.
1.00 PM **Antiques Roadshow**
2.00 **Bangers & Cash** Double bill.
4.00 **World War Weird**
5.00 **WW2: Frontlines** Stalin's generals compete to avenge the Nazis' assault in the East.
6.00 **Antiques Roadshow** The team visit Erddig, north Wales.

8.00 Masters of Reinvention

7.00 **Speed with Guy Martin** Guy takes on a challenge to build the world's fastest soapbox racer.

8.00 **NEW SERIES Masters of Reinvention** Dr Shini Somara and her team are tasked with reinventing a camping trailer from 1950.

9.00 **James May's Toy Stories** The presenter tries to encourage teenagers to help him build a full-size Airfix model of a Spitfire.

10.00 **Bangers & Cash** Paul heads to County Durham to pick up a 1936 Singer Le Mans sports car and a 1957 Lambretta LD 150.

11.00 **Find It, Fix It, Flog It** An old bureau receives a makeover in Yorkshire.
12.00 M'T **Simon Reeve's South America** Simon travels from Chile's Atacama Desert to Tierra Del Fuego.
1.00 **to 3.00** AM **Antiques Roadshow**

+1hour 255 329

Monday

7 PM

8 PM

9 PM

10 PM

Quest

144 834 137 12 150 144

6.00 AM **Junkyard Empire**
8.00 **American Pickers**
9.00 **Aussie Gold Hunters**
12.00 NOON **The Repair Shop**
3.00 PM **Shed and Buried**
4.00 **Find It, Fix It, Flog It**
6.00 **The Repair Shop**
8.00 **Outback Truckers** New edition Yogi goes on a gruelling five-day journey across Australia.
9.00 **NEW SERIES Shed and Buried: Classic Cars** The boys visit Fuzz Townsend's friend Alex and his Rover collection, but they're sidetracked by a British icon – the Morris Minor Splittie.
10.00 **MotoGP Highlights** Action from the latest round of the season.
11.00 **How Do They Do It?**
1.00 AM **Junkyard Empire**
3.00 **Find It, Fix It, Flog It**
4.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151

Quest Red

149 168 40 146

6.00 AM **Say Yes to the Dress: UK** Double bill.
7.00 **Say Yes... Lancashire**
8.00 **Say Yes... Atlanta**
9.00 **Say Yes to the Dress**
11.00 **Forensic Detectives**
12.00 NOON **Married to Evil**
1.00 PM **The Perfect Murder**
2.00 **Murder on CCTV**
3.00 **Judge Rinder's Crime Stories** Gary Nelson.
4.00 **American Monster**
6.00 **People Magazine Investigates** A college student's disappearance.
7.00 **A Killer's Mistake** The disappearance of Sarah Wellgreen.
8.00 **Murder on CCTV**
9.00 **On the Case with Paula Zahn** New editions
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** Documentary.
3.00 **to 4.00** AM **FBI Files**

+1hour 249 152

True Crime

146 148 67 135

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Murder by the Sea** Police investigate the death of Linda Anders.
8.00 **Secrets of a Murder Detective** Steve Keogh discusses the murder of Jodie Chesney, who was stabbed in a park.
9.00 **Fatal Attraction** New edition When a 26-year-old mother goes missing, no one knows what to think.
10.00 **A Secret to Die For** New edition When friends rekindle their romance, their perfect relationship unravels.
11.00 **Handsome Devils**
12.00 M'T **Nightmare Next Door** Monica Massaro.
1.00 AM **Fatal Attraction**
2.00 **A Secret to Die For**
3.00 **Murder in Paradise**
4.00 **to 6.00** AM **Judge Judy**

+1hour 246 348 136

True Crime Xtra

147 172 68 134

9.00 AM **A Stranger in My Home** Double bill.
11.00 **Medical Detectives**
2.00 PM **A Stranger in My Home** An old man's death proves mysterious.
3.00 Nancy Pfister befriends her new neighbours, but one person is soon left dead.
4.00 **Medical Detectives** A family contract three separate deadly illnesses.
4.30 A murderer who declared he would kill 12 people in New York.
5.00 A renowned surgeon is found dead.
5.30 A healthy man dies in his sleep.
6.00 Police suspect a woman of murder.
6.30 The murder of Kathleen Lipscomb.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 820 121 349 364

6.00 AM **Highway Cops**
7.00 **Stop, Search, Seize**
8.00 **Road Wars**
9.00 **Brit Cops: Rapid Response** Documentary.
10.00 **The Force: Manchester**
11.00 **Catching the Killer**
12.00 NOON **How I Caught the Killer** Wendy Mann.
1.00 PM **The Real Manhunter**
2.00 **Made for Murder**
3.00 **World's Most Evil Killers**
4.00 **Britain's Most Evil Killers**
5.00 **Catching the Killer**
6.00 **How I Caught the Killer**
7.00 **World's Most Evil Killers**
8.00 **Britain's Most Evil Killers**
9.00 **I'll Be Gone in the Dark**
10.10 **Killer in My Village**
11.05 **Forensics: Catching the Killer** True-crime.
12.00 M'T **World's Most Evil...**
1.00 AM **How I Caught the...**
2.00 **Snapped** Double bill.
4.00 **Send in the Dogs**
5.00 **to 6.00** AM **Motorway Patrol**

+1hour 222/223 321

PBS America

173 187 84 155

8.00 AM **America the Bountiful** As 7.15pm.
8.50 **Mafia's Greatest Hits**
9.55 **Cheating Hitler: Surviving the Holocaust**
11.50 **The Hunger: The Story of the Irish Famine**
1.00 PM **America the Bountiful** As 7.15pm.
1.35 **Mafia's Greatest Hits**
2.45 **Cheating Hitler: Surviving the Holocaust**
4.30 **America the Bountiful**
5.05 **The Hunger: The Story of the Irish Famine**
6.10 **Mafia's Greatest Hits**
7.15 **America the Bountiful** Capri Cafaro learns about the food heritage of each region of America.
7.55 **Cheating Hitler: Surviving the Holocaust**
9.50 **The Hunger: The Story of the Irish Famine**
10.55 **Mafia's Greatest Hits** The story of Roy DeMeo.
12.00 M'T **to 2.00** AM **Cheating Hitler: Surviving the Holocaust**

Sky Documentaries

121/122 819 188 352 367

6.00 AM **Rolling Stone: Stories from the Edge**
7.00 **Discovering: Ed Harris**
8.00 **The Directors**
8.55 **The Vietnam War**
10.00 **UFO** As shown at 7.00pm.
10.55 **Hostages** 1/4. Documentary.
12.00 NOON **The Man Who Bought Cricket** 1-3/3. The story of financial fraudster Allen Stanford.
3.00 PM **Urban Secrets**
4.00 **The Directors**
5.00 **Discovering: Ed Harris**
5.55 **The Vietnam War**
7.00 **UFO** The world reels from the *New York Times* bombshell.
8.00 **Michael Flatley: Billion Dollar Dancer** Documentary looking at the dancer's life and career.
10.00 **The Ghost of Richard Harris** Documentary exploring the life and career of the Irish actor.
12.00 M'T **Discovering: Maggie Smith**
1.00 AM **I Am Burt Reynolds**
2.50 **My Icon: Leon Pryce**
3.00 **Wework: How to Lose $30b in Two Weeks** Documentary.
5.00 **to 6.00** AM **Discovering: Ed Harris**

Sky Nature

124/125 822 189 354 369

6.00 AM **Ol Pejeta Diaries**
7.00 **Monkey Life**
8.00 **Secrets of Wild Australia**
9.00 **Dawn to Dusk**
10.00 **Wildlife Icons**
11.00 **Animals Like Us**
12.00 NOON **Islands**
1.00 PM **Monkey Life**
2.00 **Secrets of Wild Australia**
3.00 **Dawn to Dusk**
4.00 **Wildlife Icons**
5.00 **Deep Dive Australia**
6.00 **Islands** Focusing on Vancouver.
7.00 **Monkey Life** Double bill.
8.00 **Attack and Defend** A look at how predators have evolved formidable means of surviving. **8.30** The razor-sharp talons that help birds of prey.
9.00 **America's Wild Seasons**
10.00 **Islands** Focusing on Vancouver.
11.00 **Deep Dive Australia**
12.00 M'T **Animals Like Us**
1.00 AM **Into the Wild: India**
2.00 **Attack and Defend**
3.00 **America's Wild Seasons**
4.00 **Secrets of Wild Australia**
5.00 **to 6.00** AM **Dawn to Dusk**

Sky History 2

163/168 840 186

6.00 AM **Ancient Aliens**
8.00 **History's Greatest Mysteries**
9.00 **Weeks of War**
10.00 **What on Earth?**
11.00 **Ancient Aliens**
1.00 PM **Digging Up Britain's Past**
2.00 **Digging for Britain**
3.00 **Lost Worlds**
4.00 **Weeks of War**
5.00 **The Proof Is Out There**
6.00 **What on Earth?**
7.00 **Ancient Aliens: The Ultimate Evidence** The mystery of southern Peru's Nazca Lines.
8.00 **Greatest Prison Escapes with Billy Hayes** The escape by six men from a Tennessee jail.
9.00 **Ross Kemp: Mafia and Britain** Britain's surprising and deep-rooted links with the Mafia.
10.00 **History's Greatest Mysteries**
11.00 **Royal Autopsy**
12.00 M'T **Ancient Aliens**
2.00 AM **Digging for Britain**
3.00 **Digging Up Britain's Past**
4.00 **Ancient Aliens: The Ultimate Evidence** As 7.00pm.
5.00 **to 6.00** AM **The Proof Is Out There**

Crime+Investigation

156 837 133

6.00 AM **Homicide: Hours to Kill**
7.00 **Homicide Hunter**
8.00 **The First 48**
9.00 **Meet, Marry, Murder**
10.00 **Hometown Tragedy**
11.00 **An Hour to Kill**
12.00 NOON **Buried in the Backyard**
1.00 PM **Somebody's Hiding...**
2.00 **Secrets of the Morgue**
3.00 **Robbie Coltrane's Critical Evidence**
4.00 **Meet, Marry, Murder**
5.00 **On the Case with Paula Zahn**
6.00 **After the First 48**
7.00 **The First 48**
8.00 **Hometown Tragedy** New editions Double bill.
9.00 **Cops Gone Bad with Will Mellor** New edition
10.00 **Crimes That Shook Britain**
11.00 **Homicide Hunter**
12.00 M'T **Very Scary People**
2.00 AM **Cops Gone Bad with...**
3.00 **Britain's Darkest Taboos**
4.00 **Somebody's Hiding Something**
5.00 **to 6.00** AM **On the Case with Paula Zahn**

+1 hour 256 333

WILD

165 841 182

8.00 AM **Secrets of the Zoo**
9.00 **World's Deadliest**
10.00 **Africa's Hunters**
11.00 **Africa's Deadliest**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Madagascar's Weirdest**
4.00 **Secrets of the Zoo**
5.00 **The Incredible Dr Pol**
6.00 **Snakes in the City**
7.00 **Secrets of the Zoo** A deep dive into a rhino's mouth and a group reindeer pedicure.
8.00 **Wild Cats of India** 1/2. Cameras track India's big cats. **9.00** 2/2. Focusing on small wild cats that live in the shadow of their larger cousins.
10.00 **Alaska: The Next Generation** As deep winter sets in, Alaskans use their knowledge of the land to survive.
11.00 **Ice Road Rescue**
12.00 M'T **Monster Fish**
1.00 AM **Lawless Island**
2.00 **Fish Tank Kings**
3.00 **Secrets of the Zoo**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 181

7.00 AM **Egypt's New Tomb Revealed** As 8.00pm.
8.00 **Extreme Engineering**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **Expedition Unknown**
2.00 PM **NASA's Unexplained Files**
3.00 **How the Universe Works**
4.00 **Treasure Quest: Snake Island**
5.00 **Mysteries at the Museum**
7.00 **Contact Project** Investigating Argentina's most credible military encounter.
8.00 **Egypt's New Tomb Revealed** Documentary following Dr Otto Schaden as a gold coffin is unearthed in the Valley of the Kings, near Tutankhamen's tomb.
9.00 **Salvage Hunters: Classic Cars** Drew Pritchard and Paul Cowland view a Volvo Amazon.
10.00 **Shed and Buried**
11.00 **Blowing Up History**
1.00 AM **How the Universe Works**
2.00 **NASA's Unexplained Files**
3.00 **to 5.00** AM **Expedition Unknown**

+1 hour 274 381

U&Eden

166 176 57 160

9.00 AM **999 Rescue Squad**
1.00 PM **999 Rescue Squad**
5.00 **The Bill** *Information Received:* DS Roach must convince an informant to give evidence. **5.30** *Close Co-operation:* Sun Hill's cells are refurbished. **6.00** *Middleman:* CID crack down on the drug trade. **6.30** *Corkscrew:* A leak is suspected following the failure of Operation Middleman.
7.00 **Top of the Pops** Triple bill.
9.00 **Dancing on the Edge: Interviewing Louis** Companion piece to Stephen Poliakoff's jazz-era drama, in which journalist Stanley chats to bandleader Louis and singers Jessie and Carla. Stars Matthew Goode and Chiwetel Ejiofor.
10.20 **The Bill** Four episodes.
1.05 AM **Top of the Pops**
3.05 **Dancing on the Edge: Interviewing Louis**
4.10 **999 Rescue Squad**
5.00 **Top of the Pops**
5.30 **to 6.00** AM **The Bill**

+1 hour 266 376

ID

154 166

8.00 AM **Murder Comes to Town**
9.00 **I'd Kill for You**
11.00 **Forbidden: Dying for Love**
1.00 PM **Caught in the Net**
3.00 **American Monster**
5.00 **Mother, May I Murder?**
7.00 **The 1990s: The Deadliest Decade** The case of Doris Angleton, who was shot dead in her home. It was soon discovered that she had her secrets, like an affair that began in internet chatrooms. **8.00** How the community of Fort Myers, Florida, was rocked when the historic Coca-Cola plant exploded.
9.00 **Fallen Idols: Nick & Aaron Carter** Former popstar Melissa Schuman alleges that Nick Carter sexually assaulted her. **10.00** Melissa Schuman deals with Nick's fans after her assault allegations.
11.00 **People Magazine Investigates**
2.00 AM **Mother, May I Murder?**
4.00 **to 6.00** AM **The 1990s: The Deadliest Decade**

+1 hour 254 366

Discovery Turbo

161/172 180

6.00 AM **Extreme RVs**
7.00 **Kindig Customs**
8.00 **Mega Shippers**
9.00 **Salvage Hunters: Classic Cars**
10.00 **Motor Pickers**
11.00 **Shed and Buried**
12.00 NOON **Shed and Buried: Classic Cars** Restoring a 1970s VW Beetle Beach Buggy.
1.00 PM **Junkyard Empire**
2.00 **Wheeler Dealers**
3.00 **Motor Pickers**
4.00 **Richard Hammond's Workshop**
6.00 **Salvage Hunters: Classic Cars**
7.00 **Shed and Buried**
8.00 **Richard Hammond's Workshop** The Cogs restore an iconic 1970s motorbike.
9.00 **Iron Resurrection**
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 M'T **Richard Hammond's...**
1.00 AM **Shed and Buried: Classic...**
2.00 **Iron Resurrection**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **Speed Is the New Black**

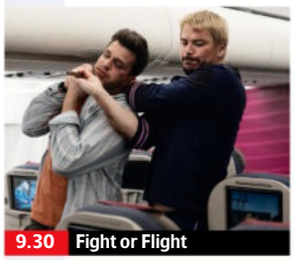
+1 hour 261/272

Films

Sky Cinema Premiere

301 401 501 515

7.20 AM **Black Dog** As 1.15am.
9.25 **AfrAid** As shown at 8.00pm.
11.05 **Blood for Dust** Action thriller. (2023, 15, 98min) ★★★
12.50 PM **Rob Peace** Drama. (2024, 15, 120min) ★★★
3.00 **Thelma** Comedy starring June Squibb and Fred Hechinger. (2024, 12, 98min) ★★★★
4.50 **Horizon: An American Saga – Chapter 1** Western directed by and starring Kevin Costner. (2024, 15, 181min) ★★★★



9.30 Fight or Flight

8.00 AfrAid Horror with John Cho. A family are selected to test a new AI home assistant, which resorts to terrifying methods to keep them safe. (2024, 15, 84min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.30 Fight or Flight Action thriller starring Josh Hartnett. A mercenary is assigned a target on a flight, but when rival assassins board the plane, the hunter and the hunted team up. With Katee Sackhoff. (2025, 15, 98min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.25 **Skincare** Dark comedy thriller starring Elizabeth Banks. (2024, 18, 86min) ★★★
1.15 AM **Black Dog** Chinese drama starring Eddie Peng. Subtitled. (2024, 12, 110min)
3.20 **The Good Half** Drama. (2023, 15, 96min) ★★★
5.10 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Hits

303 403 503 517

6.10 AM **The Cinema List: Biopic**
6.25 **Gran Turismo** Action drama. (2023, 12, 123min) ★★★
8.50 **Fast & Furious** Action thriller. (2009, 12, 107min) ★★★
10.40 **Fast & Furious 5** Thriller. (2011, 12, 130min) ★★★
12.55 PM **Fast & Furious 6** Thriller. (2013, 12, 125min) ★★★
3.10 **Fast & Furious 7** Thriller. (2015, 12, 132min) ★★★★
5.30 **The Da Vinci Code** Thriller. (2006, 12, 149min) ★★★

5.30 The Da Vinci Code

8.00 Angels & Demons Mystery thriller based on the bestseller by Dan Brown, starring Tom Hanks and Ewan McGregor. Harvard professor Robert Langdon must solve a series of cryptic riddles to prevent a hidden time bomb from destroying the Vatican. (2009, 12, 138min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.20 Inferno Thriller starring Tom Hanks. While suffering from amnesia, Professor Robert Langdon tries to stop a lethal virus from killing millions. (2016, 12, 121min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.25 AM **The Beekeeper** Action thriller starring Jason Statham. (2023, 15, 105min) ★★★
2.20 **I.S.S** Sci-fi thriller. (2023, 15, 95min) ★★★
4.05 **to 6.15** AM **Ordinary Angels** Drama starring Hilary Swank. (2024, 12, 113min) ★★★

Sky Cinema Drama

310 410 510 524

6.05 AM **L'immensità** As 2.15am.
7.55 **The Holdovers** Comedy drama. (2023, 15, 133min) ★★★★★
10.20 **Golda** As show at 4.00am.
12.10 PM **Lost in Translation** Comedy drama. (2003, 15) ★★★★★
2.05 **Bridget Jones: The Edge of Reason** Comedy sequel. (2004, 15, 108min) ★★★
4.05 **The Colour Room** Drama. (2021, PG, 109min) ★★★★
6.10 **The Great Escaper** Fact-based drama starring Michael Caine. (2023, 12, 96min) ★★★★
8.00 **Chicago** Musical starring Renée Zellweger, Catherine Zeta-Jones and Richard Gere. (2002, 12, 112min) ★★★★
10.00 **The Danish Girl** Period drama starring Eddie Redmayne and Alicia Vikander. An artist in 1920s Copenhagen becomes one of the first people to undergo sex reassignment surgery. (2015, 15, 117min) ★★★
12.10 AM **Jesus Revolution** Drama. (2023, 12, 120min) ★★★
2.15 **L'immensità** Italian drama. Subtitled. (2022, 12, 99min) ★★
4.00 **Golda** Biopic starring Helen Mirren. (2023, 12, 100min) ★★
5.45 **to 7.20** AM **Rurangi** Drama. (2020, 15, 87min) ★★★★

Sky Cinema Sci-fi/Horror

311 411 511 525

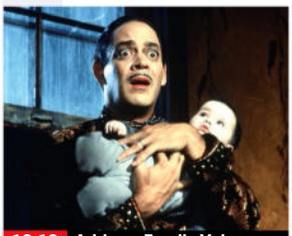
7.05 AM **Upgrade** As 2.30am.
8.55 **Star Trek Into Darkness** Sci-fi. (2013, 12, 132min) ★★★★
11.15 **I Saw the TV Glow** Horror. (2024, 15, 100min) ★★★
1.05 PM **The Exorcist: Believer** Horror sequel. (2023, 15, 111min) ★★★
3.05 **A Quiet Place: Day One** Horror prequel. (2024, 15) ★★★★
4.50 **Zombieland** Horror comedy. (2009, 15, 84min) ★★★★
6.25 **Gravity** Thriller starring Sandra Bullock and George Clooney. (2013, 12, 91min) ★★★★★
8.00 **Interstellar** Sci-fi drama starring Matthew McConaughey, Anne Hathaway. and Michael Caine A spacecraft goes in search of a new home for the human race before a devastated Earth becomes uninhabitable. (2014, 12, 166min) ★★★★
10.55 **Resident Evil: Degeneration** Animated zombie horror thriller. (2008, 15, 97min) ★★
12.45 AM **Resident Evil: Retribution** Sci-fi action thriller sequel. (2012, 15, 92min) ★★★
2.30 **Upgrade** Sci-fi thriller. (2018, 15, 100min) ★★★★
4.20 **to 6.10** AM **Next Exit** Sci-fi comedy starring Katie Parker. (2022, 15, 106min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 406 506 520

7.10 AM **Harriet the Spy** Comedy. (1996, PG, 97min) ★★★★
8.55 **Muppets from Space** Sci-fi comedy. (1999, U) ★★★
10.25 **The Hobbit: An Unexpected Journey** (2012, 12) ★★★
1.15 PM **The Hobbit: The Desolation of Smaug** Fantasy. (2013, 12, 161min) ★★★★
4.00 **The Hobbit: The Battle of the Five Armies** (2014, 12) ★★★
6.40 **Scooby-Doo** Comedy. (2002, PG, 86min) ★★★


10.10 Addams Family Values

8.20 **Scooby-Doo 2: Monsters Unleashed** Live-action comedy adventure sequel starring Freddie Prinze Jr, Sarah Michelle Gellar, Matthew Lillard and Linda Cardellini. A masked villain sets loose a series of monsters. (2004, PG, 93min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

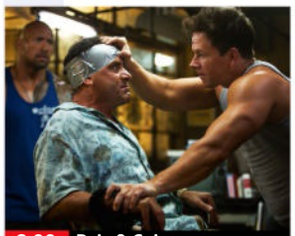
10.10 **Addams Family Values** Black comedy sequel starring Anjelica Huston. The Addams' homicidal new nanny sets her sights on Uncle Fester. (1993, PG, 92min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **Ghost Squad** Fantasy. (2015, PG, 86min) ★★★
1.40 AM **Step Dogs** Family comedy. (2013, U, 82min) ★
3.20 **A Tiger's Tail** Family drama. (2014, U, 81min) ★★★
4.55 **to 7.15** AM **Ride On** Chinese action drama. Subtitled. (2023, PG, 126min) ★★★

Sky Cinema Action

307 407 507 521

6.45 AM **Seeking Justice** (2011)
8.40 **The Mummy** Adventure. (1999, 15, 124min) ★★★★
10.55 **American Sniper** Biopic. (2014, 15, 127min) ★★★★
1.15 PM **Fast X** Action adventure. (2023, 12, 141min) ★★★★
3.40 **The Mummy Returns** Action adventure sequel. (2001, 12, 129min) ★★★★
5.55 **John Wick: Chapter 2** Action sequel starring Keanu Reeves.. (2017, 15, 122min) ★★★★


8.00 Pain & Gain

8.00 **Pain & Gain** Dark crime comedy based on the true story of a trio of bodybuilders who went on a kidnapping and extortion spree in 1990s Miami. Stars Mark Wahlberg, Anthony Mackie and Dwayne Johnson. (2013, 15, 124min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

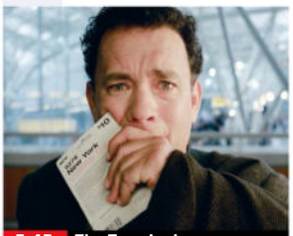
10.15 **Shooter** Action thriller starring Mark Wahlberg and Danny Glover. A former Marine sniper is framed for a political assassination and forced to go on the run. (2007, 15, 125min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.25 AM **Snow White and the Huntsman** Fantasy adventure starring Kristen Stewart. (2012, 12, 127min) ★★★
2.35 **Seeking Justice** Thriller. (2011, 15, 104min) ★★
4.25 **to 6.15** AM **Pompeii** Roman-era disaster movie. (2014, 12, 104min) ★★

Sky Cinema Comedy

308 408 508 522

6.50 AM **I Love My Dad** (2022)
8.30 **The First Wives Club** Comedy. (1996, PG, 102min) ★★★
10.20 **Daddy Day Care** Comedy. (2003, PG, 92min) ★★★
12.00 NOON **Blades of Glory** Comedy. (2007, 12) ★★★
1.40 PM **Problemista** Comedy. (2024, 15, 104min) ★★★
3.30 **Knocked Up** Comedy. (2007, 15, 129min) ★★★★
5.45 **The Terminal** Comedy drama. (2004, 12, 129min) ★★★★


5.45 The Terminal

8.00 **Click** Fantasy comedy starring Adam Sandler and Kate Beckinsale. A workaholic architect gets his hands on a remote control that enables him to control his entire life. (2006, 12, 103min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.55 **Uproar** Comedy drama starring Minnie Driver, Rhys Darby and Julian Dennison. A 17-year-old student is forced to stand up for himself. (2023, 12, 110min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **Chalet Girl** Romantic comedy starring Felicity Jones. (2011, 12, 97min) ★★★
1.30 AM **The Terminal** As 5.45pm.
3.45 **I Love My Dad** Fact-based comedy starring Patton Oswalt. (2022, 15, 96min) ★★★
5.25 **to 7.05** AM **Relax, I'm from the Future** Sci-fi comedy starring Rhys Darby. (2023, 15, 94min) ★★★

Sky Cinema Thriller

309 409 509 523

6.20 AM **Promising Young Woman** Thriller. (2020, 15) ★★★★
8.30 **The Bourne Ultimatum** Thriller sequel. (2007, 12) ★★★★
10.40 **Jack Reacher** Action thriller. (2012, 15, 130min) ★★★
1.00 PM **Jack Reacher: Never Go Back** Action thriller sequel. (2016, 12, 118min) ★★★
3.15 **The Bourne Legacy** Thriller sequel. (2012, 12) ★★★
5.40 **The Accountant** Thriller. (2016, 15, 123min) ★★★

8.00 Ocean's Eleven

8.00 **Ocean's Eleven** Caper thriller starring George Clooney, Brad Pitt, Julia Roberts, Andy Garcia, Matt Damon and Elliott Gould. A charismatic thief recruits a team of specialists to rob three Las Vegas casinos on a single night. (2001, 12, 116min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

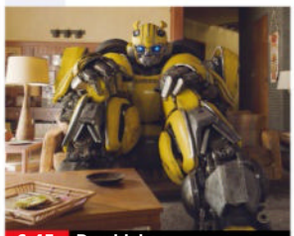
10.10 **Eileen** Thriller starring Thomasin McKenzie and Anne Hathaway. A woman's friendship with a new co-worker takes a sinister turn. (2023, 15, 97min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **Battle Royale II: Requiem** Japanese sci-fi thriller sequel. Subtitled. (2003, 18, 133min) ★★
2.25 AM **Against All Odds** Thriller. (1984, 18, 116min) ★★
4.40 **to 6.35** AM **American Star** Thriller starring Ian McShane. (2023, 15, 107min) ★★★★

Film4

313 855 428 14 300

■ **Films start at 11.00am**
11.00 AM **Comanche Station** Western. (1960, PG) ★★
12.35 PM **The Desert Rats** Classic World War Two drama. (1953, b/w, U, 88min) ★★★★
2.20 **The Sons of Katie Elder** Western. (1965, U) ★★★
4.45 **Prince Valiant** Adventure. (1954, PG, 100min) ★★★
6.45 **Bumblebee** *Transformers* prequel with Hailee Steinfeld. (2018, PG, 114min) ★★★★


6.45 Bumblebee

Bumblebee (film started at 6.45pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9.00 **The Northman** Historical action adventure starring Alexander Skarsgård. Prince Amleth, the son of the murdered Viking King Aurvandill War-Raven, heads to Iceland to exact his revenge. With Nicole Kidman and Claes Bang. (2022, 15, 137min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM

11.45 **Antlers** Horror starring Keri Russell and Jesse Plemons. A teacher and her brother become embroiled with a student whose dark secrets lead to terrifying encounters with an ancestral creature. (2021, 15, 99min) ★★★
1.45 **to 3.40** AM **The Doorman** Action thriller starring Ruby Rose. (2020, 15, 97min) ★★

11 PM

+1hour 314 430 47 301

Sky Cinema Originals

302 402 502 516

6.00 AM **Extinct** Animated adventure. (2021, U, 84min) ★★★
7.35 **Twist** Crime comedy. (2021, 12, 90min) ★★★★
9.15 **Robin and the Hoods** Family comedy. (2024, PG, 101min) ★★
11.00 **Blithe Spirit** Comedy with Isla Fisher. (2020, 12, 95min) ★★★
12.45 PM **The Estate** Comedy starring Toni Collette and Anna Faris. (2022, 15, 96min) ★★

2.30 **Maggie Moore(s)** Comedy thriller. (2023, 15, 99min) ★★★
4.15 **Gunpowder Milkshake** Action thriller. (2021, 15, 114min) ★★★
6.15 **Six Minutes to Midnight** Thriller. (2020, 12, 99min) ★★★
8.00 **Ferrari** Michael Mann's drama starring Adam Driver. In 1957, ex-racecar driver Enzo Ferrari embarks on an epic race across Italy. (2023, 15, 130min) ★★★
10.15 **The Radleys** Horror comedy starring Kelly Macdonald. (2024, 15, 115min) ★★★

12.10 AM **57 Seconds** Fantasy thriller with Josh Hutcherson, Morgan Freeman and Greg Germann. (2023, 15, 99min) ★★★
1.55 **Gunpowder Milkshake** (2021)
3.55 **Maggie Moore(s)** As 2.30pm.
5.40 **to 6.30** AM **Sky Cinema Preview**

Sky Cinema Classics

304 404 504 518

6.40 AM **Love Story** As 3.55am.
8.35 **The Sugarland Express** Steven Spielberg's comedy drama. (1974, PG, 110min) ★★★
10.35 **Ghost** Romantic fantasy thriller. (1990, 12, 127min) ★★★★
12.45 PM **The Great Gatsby** Drama. (1974, 12, 146min) ★★★
3.10 **Forrest Gump** Multi-Oscar-winning whimsical fable. (1994, 12, 136min) ★★★★

5.35 **Robin Hood: Prince of Thieves** Fantasy adventure starring Kevin Costner. (1991, PG, 138min) ★★
8.00 **The Shawshank Redemption** Prison drama starring Tim Robbins and Morgan Freeman. (1994, 15, 142min) ★★★★★
10.25 **Schindler's List** Steven Spielberg's historical drama with Liam Neeson. An Austro-German businessman wheels and deals with the Nazis to save the lives of over 1,000 Jews. (1993, 15, 195min) ★★★★★

1.45 AM **Bad Boys** Action comedy with Martin Lawrence and Will Smith. (1995, 15, 118min) ★★★
3.55 **Love Story** Romantic drama. (1970, PG, 100min) ★★★★
5.50 **to 6.20** AM **The Cinema List: Remakes, Reboots & Reimaginating**

Sky Cinema Animation

305 412 500 514

7.25 AM **The Adventures of Tintin: The Secret of the Unicorn** Animated family adventure. (2011, PG, 106min) ★★★★★
9.15 **Trolls Band Together** Animated musical. (2023, U, 91min) ★★★
10.50 **The Lego Batman Movie** Animated family comedy. (2017, U, 104min) ★★★★
12.40 PM **Rugrats in Paris** Animation. (2000, U, 79min) ★★★

2.10 **The Lego Movie 2: The Second Part** Animated comedy sequel. (2019, U, 107min) ★★★★
4.00 **Sing** Animated musical comedy. (2016, U, 108min) ★★★
5.55 **Happy Feet** Animated comedy. (2006, U, 108min) ★★★★
7.55 **Happy Feet Two** Animated sequel. (2011, U, 100min) ★★★
9.45 **The Adventures of Tom Thumb and Thumbelina** Animation. (2002, U, 72min) ★★
11.10 **Batman Unlimited: Animal Instincts** (2015, PG) ★★

12.40 AM **Megamind vs The Doom Syndicate** Animated adventure. (2024, U, 83min) ★★★
2.15 **Batman: Return of the Caped Crusaders** (2016, PG) ★★★★
3.45 **Little Vampire** (2020, PG) ★★★
5.20 **to 7.00** AM **Under the Boardwalk** (2023, PG) ★★★

Movies 24

312 419

7.00 AM **Luckless in Love** Romantic comedy. (2023, PG, 86min) ★★
9.00 **Stepping into Love** Romantic drama. (2023, PG, 82min) ★★
11.00 **North to Home** Drama. (2022, PG, 84min) ★★
1.00 PM **A Nashville Legacy** Comedy. (2023, PG, 85min) ★★
3.00 **Autumn at Apple Hill** Romantic comedy drama. (2024, PG, 84min) ★★

5.00 **Romantic Rewrite** Romantic comedy. (2022, PG, 82min) ★★
7.00 **Love in the Limelight** Romantic comedy starring Alexa and Carlos PenaVega. (2022, PG, 84min) ★★
9.00 **Fourth Down and Love** Romantic drama starring Pascale Hutton and Ryan Paevey. A single mother is reunited with her high-school sweetheart, now a pro player coaching her daughter's football team. (2023, PG, 90min) ★★

11.00 **A Paris Proposal** Romantic comedy. (2023, PG, 84min) ★★
1.00 AM **The Best Version of Love** Comedy. (2023, PG, 86min) ★★
3.00 **to 5.00** AM **Marry Go Round** Comedy. (2022, PG, 84min) ★★

Movies 24+ 315 420

Talking Pictures

328 445 82 306

6.00 AM **Dusty Ermine** Thriller. (1936, b/w, U, 74min) ★★★
7.45 **Blackout** (1950, b/w, PG) ★★★
9.10 **The Great Van Robbery** Drama. (1958, PG, 80min) ★★★
10.30 **Portrait of Alison** Mystery. (1955, b/w, PG, 82min) ★★★
12.15 PM **Cat and Mouse** Thriller. (1958, 15, 79min) ★★★
1.45 **Born of the Sea** Drama. (1949, b/w, U, 47min) ★★★

2.45 **City of Bad Men** Western. (1959, PG, 81min) ★★★
4.25 **The Beverly Hillbillies** (S2)
4.55 **Scotland Yard** 5/39. (S1)
5.30 **Dixon of Dock Green** (S21)
6.30 **Out of Town**
7.00 **The Footage Detectives**
8.00 **Public Eye** 12/13. (S5)
9.05 **Sands of the Kalahari** Adventure starring Stanley Baker. (1965, PG, 119min) ★★
11.25 **The Light at the Edge of the World** Maritime adventure. (1971, PG, 119min) ★★★

1.55 AM **Bluebeard** Horror thriller starring John Carradine. (1944, b/w, PG, 73min) ★★
3.20 **Laboratory** Sci-fi thriller. (1980, PG, 100min) ★
5.05 **Music Unlimited**
5.30 **to 6.00** AM **Dangerous Assignment**

Monday

Sky Sports Main Event

401 511 501 419 439

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
10.00 **The Football Show** Discussion and analysis of the talking points.
11.00 **Ref Watch** Refereeing decisions.
12.00 NOON **The Football Show**
1.00 PM **Lunchtime Live** A look at the sports stories making the headlines this lunchtime.
2.00 **Sports Desk** Sports news, with live analysis and comments.
5.00 **Sports Centre** A round-up of the day's main sports news.
7.00 **Sky Sports News** A round-up of the day's sports news, featuring interviews with the players and managers making the headlines.
10.30 **Back Pages Tonight** The sports headlines in tomorrow's papers.
11.00 LIVE **TGL New York Golf Club v Los Angeles Golf Club.** Coverage of the first semi-final of the team competition staged at Palm Beach Gardens in Florida. This is the inaugural staging of the competition and the winners of this match will face tomorrow's last-four victors in a best-of-three matches series which gets under way on Monday March 24.
1.00 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Highlights**
10.00 **The Football Show**
11.00 **Ref Watch** Refereeing decisions.
12.00 NOON **The Football Show**
1.00 PM **Premier League Highlights** Everton v West Ham United. **1.30** Action from Southampton v Wolverhampton Wanderers. **2.00** Highlights of Manchester City v Brighton & Hove Albion. **2.30** Bournemouth v Brentford. **3.00** Newcastle United v Crystal Palace staged at St James' Park. **3.30** Highlights from Ipswich Town v Nottingham Forest. **4.00** Arsenal v Chelsea. **4.30** Highlights from Leicester City v Manchester United.
5.00 **Premier League Best Goals**
6.00 **Premier League 100: Peter Schmeichel** The keeper's career.
6.30 **Premier League 100 Club**
7.00 **Premier League Review**
8.00 **Gary Neville's Soccerbox**
9.00 **Premier League Review**
10.00 **Premier League Icons**
11.00 **Premier League Years**
1.00 AM **PL Retro** Archive action.
3.00 **PL Greatest Games**
4.00 **Premier League Best Goals**
5.30 **to 6.00** AM **PL 100 Club**

Sky Sports Football

403 513 503 421 441

6.00 AM **Championship Retro**
8.00 **Best Goals: EFL Cup 2021/22**
8.30 **EFL Trophy** The 2021/22 final.
9.00 **Scottish Premiership Round-Up**
9.15 **SPFL Highlights**
9.45 **EFL Greatest Games**
10.00 **EFL Cup** The 2021/22 final.
11.00 **EFL Rivalries**
11.30 **Jimmy Glass: Great Escape**
12.00 NOON **EFL Cup**
2.00 PM **Best Goals: EFL Cup 24/25**
2.30 **SPFL** Celtic v Rangers.
4.30 **EFL Highlights**
5.15 **Scottish Premiership Round-Up**
5.30 **Best Goals: EFL Cup 24/25**
6.00 **SPFL Highlights**
6.30 **Bundesliga Highlights Show**
7.30 **EFL Highlights**
8.00 **Best Goals: EFL Cup 24/25**
8.30 **Scottish Premiership Round-Up**
8.45 **SPFL Highlights**
9.15 **EFL Cup Highlights** Liverpool v Newcastle United in the final.
10.15 **EFL Highlights** Bristol City v Norwich City in the Championship.
10.30 **Bundesliga Highlights Show**
11.30 **EFL Greatest Games**
12.00 M'T **EFL Cup Retro**
2.45 AM **EFL Greatest Games**
4.00 **Championship Season Review**
5.00 **EFL Cup Highlights**
5.30 **to 6.00** AM **EFL Trophy**

Sky Sports Cricket

404 514 504 422 442

6.00 AM **IPL** Highlights from India.
8.00 **ICC Champions Trophy Cricket**
9.00 **IPL** Recent highlights.
11.00 **WPL** Action from the final at Brabourne Stadium in Mumbai.
12.00 NOON **IPL** Highlights of matches played in the tournament.
4.00 PM **Quest: The Official Film** The story of the 2024 ICC Men's T20 World Cup competition.
5.30 **Best of ICC WT20** Highlights from India v Australia in 2016. **5.45** Action from Australia v Pakistan in the 2010 semi-finals.
6.00 **IPL** Action from Chennai Super Kings v Sunrisers Hyderabad. **7.00** Gujarat Titans v Royal Challengers Bengaluru.
8.00 **ICC Men's T20 World Cup** A look behind the scenes at the 2024 tournament for an alternate view of the semi-finals and final.
9.00 **IPL** Action from Lucknow Super Giants v Rajasthan Royals. **10.00** Highlights from Delhi Capitals v Mumbai Indians.
11.00 **WPL** Action from Gujarat Giants v Royal Challengers Bengaluru.
12.00 M'T **IPL** Action from India.
2.00 AM **WPL** Recent highlights.
5.00 **to 6.00** AM **IPL**

Sky Sports Golf

405 515 505 423 443

6.00 AM **The Players Championship**
3.30 PM **Golf Academy**
4.30 **Masterpiece Theatre**
4.45 **PGA Tour Profiles** Sandy Lyle.
5.00 **The Players: The Golden Era**
6.00 **Icons Series Golf**
7.00 **The Players Championship**
8.00 **The Players Championship Official Film** The 2024 event.
9.00 **The Players Championship** The fourth day from TPC Sawgrass.
10.00 **PGA Tour Champions** Highlights of the Cologuard Classic in Tucson.
11.00 LIVE **TGL New York Golf Club v Los Angeles Golf Club.** Coverage of the opening semi-final of the competition at Palm Beach Gardens in Florida.
1.00 AM **The Players Championship**
2.00 **Golf Academy** Expert tips.
3.00 **to 6.00** AM **The Players Championship Official Film**

Sky Sports Tennis

407 537 520 425 445

6.00 AM **WTA & ATP Tennis** Action from the Indian Wells Open.
12.00 NOON **WTA Tennis** Merida Open.
1.00 PM **ATP Tennis** Acapulco Open.
2.00 **ATP Tennis** Dubai Championships.
3.00 **ATP Tour This Week**
3.30 **Tennis** Miami Open review.
5.00 **WTA & ATP Tennis** The Indian Wells Open women's singles final. **6.00** The Indian Wells Open men's singles final in California.
7.00 **WTA Tennis** Miami Open final.
8.00 **ATP Tennis** Miami Open final.
9.00 **WTA Tennis** Indian Wells Open.
10.00 **ATP Tennis** The Indian Wells Open men's singles final.
11.00 **WTA Tennis** The Merida Open.
12.00 M'T **to 6.00** AM **Tennis**

TNT Sports 1

410 870 521 408 430

6.00 AM **Premier League Review**
7.00 **Serie A** Action from Italy.
9.00 **Cycling** Recent highlights.
11.00 **Fight Night Live**
1.00 PM **Premier League Review**
2.00 **UEFA Champions League Highlights Show** Goals from the latest round of fixtures.
3.00 **UEFA Europa League & Conference League Highlights Show** Action from recent games.
4.00 **Premier League Stories**
4.30 **Premier League: Big Interview**
5.00 **Premier League Review**
6.00 LIVE **Ultimate Pool** Group 11 of the Champions League.
9.30 **Fight Night Live** Another chance to see Nick Ball v TJ Doheny.
11.30 LIVE **NBA New York Knicks v Miami Heat.** Coverage of the Eastern Conference match staged at Madison Square Garden. Tip-off **11.30pm**.
2.00 AM LIVE **NBA Golden State Warriors v Denver Nuggets.** Coverage of the Western Conference match staged at Chase Centre. Tip-off **2.00am**.
4.30 **NBA on Fire** The latest news.
5.00 **NBA Action** Highlights.
5.30 **to 6.00** AM **NBA Originals**

TNT Sports 2

411 871 522 409 431

6.00 AM **MotoGP** From Argentina.
9.30 **MotoGP Chequered Flag**
10.30 **Motocross World Championship** Highlights of races at Castilla la Mancha.
2.30 PM **The WRC Magazine**
3.00 **Cycling** The Tirreno Adriatico. **4.00** Paris-Nice stage eight. **5.00** Tour of Taiwan stage one. **5.30** Trofeo Alfredo Binda.
6.30 **UEFA Champions League Goals Reload** Round of 16.
6.45 **UEFA Europa League Goals Reload** Round of 16 action.
7.00 **T20 Cricket Highlights** Action from New Zealand v Pakistan.
8.00 **Women's T20 International Cricket** New Zealand v Sri Lanka.
9.00 LIVE **Women's International T20 Cricket New Zealand v Sri Lanka.** The third and final T20 in the series from University of Otago Oval in Dunedin.
1.00 AM LIVE **T20 Cricket New Zealand v Pakistan.** Coverage of the second T20 in the five-match series from University of Otago Oval in Dunedin.
5.00 **TNT Sports Cricket Reload**
5.30 **to 6.00** AM **UEFA Champions League Magazine**

Sky Sports Action

408 517 507 426 446

6.00 AM **Super League Highlights**
6.45 **Women's Super League**
7.00 **Fight Night** Two bout replays.
9.00 **Super League Highlights**
10.00 **Top Rank Boxing Archive**
12.00 NOON **Super League Highlights** Top-flight action.
1.00 PM **The Rugby Championship**
3.00 **Fight Night** Jonas v Price.
4.00 **Super League Highlights**
4.45 **Women's Super League**
5.00 **Top Rank Boxing Archive** Iran Barkley v Roberto Duran in 1989. **6.15** A chance to see Thomas Hearns v Iran Barkley from 1988.
6.30 **Super League** Another chance to see Hull FC v Leigh Leopards.
9.15 **Super League Highlights** Action from top-flight matches.
9.45 **Women's Super League** Wigan Warriors v St Helens from 2024.
10.00 **The Rugby Championship** Another chance to see Australia v South Africa from 2024.
12.00 M'T **Top Rank Boxing Archive**
2.15 AM **Super League Highlights**
3.00 **Women's Super League**
3.15 **Top Rank Boxing Archive**
4.00 **Super League Highlights**
4.45 **Women's Super League**
5.00 **to 6.00** AM **Top Rank Boxing Archive**

Sky Sports Sky Sports+

412 518 508 427 447

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
10.00 **The Football Show**
11.00 **Ref Watch** Pundits analyse some of the big refereeing decisions from the weekend's games.
12.00 NOON **Lunchtime Live** A look at the sports stories making the headlines this lunchtime.
2.00 PM **Sports Desk** Sports news, with live analysis and comments.
5.00 **Sports Centre** Analysis of the major headlines of the day.
7.00 **Sky Sports News** Round-up of the sports news, with live analysis and comment, plus interviews with the headline-makers.
10.30 **Back Pages Tonight** Guests take a look at the sports headlines in tomorrow's newspapers.
11.00 **Sky Sports News**
12.00 M'T **Premier League Darts** A replay of night five at Brighton Centre, with a format featuring quarter-finals, semi-finals and a final all in one night. The quarter-finals were Gerwyn Price v Michael van Gerwen, Luke Littler v Chris Dobey, Rob Cross v Luke Humphries, and Stephen Bunting v Nathan Aspinall.
4.00 **to 6.00** AM **Sky Sports News**

Sky Sports Mix

416 873 510 429 449

6.00 AM **Super League**
8.45 **My Icon** Martin Offiah.
9.00 **Premier League Darts** A replay of night six at Motorpoint Arena.
1.00 PM **Super League** A replay of St Helens v Hull Kingston Rovers.
3.45 **Formula 1** Australian Grand Prix.
4.45 **Fight Night** A chance to see Natasha Jonas v Lauren Price.
5.45 **My Icon** Martin Offiah.
6.00 **Golf Academy** Tips and advice.
7.00 **Premier League Darts** A replay of night six of the tournament at Motorpoint Arena Nottingham.
11.00 **Top Rank Boxing Archive**
12.00 M'T **Super League**
2.45 AM **Formula 1** From Australia.
3.45 **Top Rank Boxing Archive**
5.00 **to 6.00** AM **Fight Night**

TNT Sports 3

413 874 523 410 432

6.00 AM **AFL** Another chance to see Geelong Cats v Fremantle Dockers. **8.00** Another chance to see Sydney Swans v Brisbane Lions. **10.00** A replay of Collingwood Magpies v Port Adelaide Power.
12.00 NOON **Cricket Reload**
12.30 PM **NBA** A replay of Memphis Grizzlies v Cleveland Cavaliers. **2.00** Another chance to see Los Angeles Lakers v Phoenix Suns. **3.30** A replay of Milwaukee Bucks v Oklahoma City Thunder.
5.00 **MotoGP** Grand Prix of Argentina.
6.00 **MotoGP Chequered Flag**
7.00 **Premiership Rugby Cup** Highlights from the final.
8.00 **Premiership Women's Rugby** Gloucester-Hartpury v Saracens.
9.00 **Fishing: On the Bank**
10.00 **Men's Cycling Pro Series** The first stage of the Tour of Taiwan.
10.30 **The WRC Magazine**
11.00 **UFC** Vettori v Dolidze.
2.00 **to 6.00** AM **Motocross**

TNT Sports 4

414 876 524 411 434

6.00 AM **Women's T20 International Cricket**
7.00 **T20 Cricket Highlights**
8.00 **A-League** Recent action.
1.00 PM **T20 Cricket Highlights**
2.00 **Women's T20 International Cricket** New Zealand v Sri Lanka.
3.00 **Alpine Skiing** In Hafjell, Norway.
4.00 **Biathlon** From Pokljuka, Slovenia.
5.00 **Ski Jumping** The HS240 events in Vikersund, Norway.
6.00 **NBA on Fire** The latest news.
6.30 **NBA** A replay of Memphis Grizzlies v Cleveland Cavaliers. **8.00** Another chance to see Los Angeles Lakers v Phoenix Suns. **9.30** A replay of Milwaukee Bucks v Oklahoma City Thunder.
11.00 **Serie A** Fiorentina v Juventus. **12.00** M'T Atalanta v Inter Milan.
1.00 AM **Fight Night Live** A chance to see Nick Ball v TJ Doheny.
3.00 **Alpine Skiing** In Hafjell, Norway.
4.00 **Biathlon** From Pokljuka, Slovenia.
5.00 **to 6.00** AM **Ski Jumping**

Premier Sports 1

419 551

6.00 AM **LaLiga Specials**
7.00 **Downhill Skateboarding**
8.00 **NHL Tonight** Top 50 players.
9.00 **Champions Cup Highlights**
10.00 **Asian Le Mans Series**
11.00 **Transworld Sport** Magazine.
12.00 NOON **Top 14 Rugby Union**
12.30 PM **Sporting Greats**
1.00 **NHL on the Fly**
2.00 **LaLiga News**
2.30 **LaLiga Specials**
3.00 **World Surf League**
4.00 **URC in 60** Rugby highlights.
5.00 **LaLiga Highlights**
6.00 **Viva LaLiga** The latest news.
7.30 LIVE **LaLiga** Coverage of a Spanish top-flight match.
10.30 **Sporting Greats**
11.00 LIVE **NHL Ice Hockey Columbus Blue Jackets v New Jersey Devils.** Face-off **11.00pm**.
2.00 AM **LaLiga Highlights**
3.00 **Sporting Greats**
4.00 **URC in 60** Highlights.
5.00 **to 6.00** AM **World Surf League**

Premier Sports 2

420 552

6.00 AM **NASCAR Trucks**
9.00 **Bike World** Magazine.
9.30 **Africa Eco Race**
10.00 **NHL Ice Hockey** Recent games.
2.00 PM **Bike World** Magazine.
2.30 **United Rugby Championship**
4.30 **Football's Greatest**
5.00 **LaLiga** Another chance to see Villarreal v Real Madrid.
7.00 **LaLiga** Another chance to see Atletico Madrid v Barcelona.
9.00 **Africa Eco Race** Action from stage 12 of the annual rally.
9.30 **NHL Ice Hockey** Detroit Red Wings v Vegas Golden Knights.
11.30 LIVE **NHL Ice Hockey Toronto Maple Leafs v Calgary Flames.** Coverage of the inter-conference match staged at Scotiabank Arena. Face-off **11.30pm**.
2.30 AM **Temples of Sport**
3.00 **Bike World** Magazine.
3.30 **Africa Eco Race**
4.30 **NHL Tonight** Top 50 players.
5.30 **to 6.00** AM **Temples of Sport**

Sky Sports F1

406 516 506 424 444

6.00 AM **Formula 1** Another chance to see the Australian Grand Prix.
10.30 **Russell & the Typhoons**
10.45 **72 Hours with Jack Doohan**
11.00 **Formula 1** The Australian Grand Prix first practice session.
12.25 PM **F1 Feature**
12.30 **Formula 1** The Australian Grand Prix second practice session.
1.55 **F1 Feature**
2.00 **The F1 Show** From Australia.
3.00 **Formula 1** The Australian Grand Prix third practice session.
4.15 **Ted Drives: F1 Car**
4.30 **Formula 1** The Australian Grand Prix qualifying session.
6.30 **Ted's Notebook**
7.00 **Formula 1** Australian Grand Prix.
9.15 **Ted's Notebook**
9.45 **Formula 1** Season highlights.
9.55 **F1 Feature**
10.00 **Formula 1** Australian Grand Prix.
11.00 **Ted's Notebook**
11.30 **F1 Show 2024 Season Review**
1.00 **to 6.00** AM **The Home of F1**

SKY HD SD VIRGIN HD EE HD

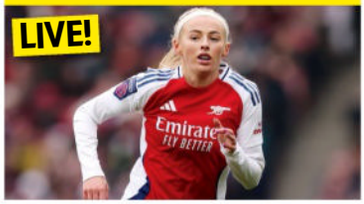
Tuesday

18 March

Evening Planner

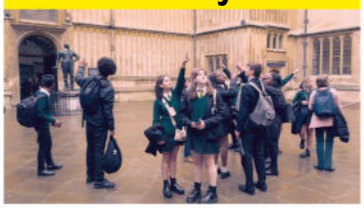
Tuesday

Football



Women's Champions League
TNT Sports 1, kick-off 5.45pm
Real Madrid play host to Arsenal in this evening's quarter-final first-leg tie.

Reality



School Swap: UK to USA
C4, 8pm
As the students from London and Arkansas settle in, the differences between them become more stark.

Documentary

Leaving Neverland 2: Surviving Michael Jackson
C4, 9pm
The story of two men and the claims they made against the late singer's estate.

Documentary

Bradley Walsh: Egypt's Cosmic Code
Sky History, 9pm (box set, Sky Box Sets)
Bradley visits the sites of Ancient Egypt to unveil secrets of the civilisation.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show †	7.30 EastEnders	8.00 Sort Your Life Out with Stacey Solomon		9.00 Waterloo Road		10.00 News; Local News	10.40 Stacey...
	102 BBC2	7.00 Villages by the...	7.30 Mary Berry's...	8.00 Great British Menu		9.00 Thames Water: Inside the Crisis		10.00 QI	10.30 Newsnight
	103 ITV1	7.00 Emmerdale		8.00 The Martin Lewis Money Show: Live		9.00 Coronation Street		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 School Swap: UK to USA		9.00 Leaving Neverland 2: Surviving Michael...		10.05 Celebrity Gogglebox	
	105 5	7.00 Portugal with Michael Portillo		8.00 Dogs Behaving (Very) Badly		9.00 Ben Fogle: New Lives in the Wild		10.00 A Killer Makes a Call	
	106 SKY SHOWCASE	7.00 The Simpsons		8.00 David Attenborough's Wild City		9.00 Film: Amy			
ENTERTAINMENT	115 BBC3	7.00 Top Gear		8.00 The Agency: Unfiltered		9.00 The Insider: Reggie Yates in a...	9.50 Film: The Photograph		
	116 BBC4	7.00 Climbing Great...	7.30 Who Do You...	8.00 Hancock's Half...	8.30 The Fall and...	9.00 Royal History's Biggest Fibs with Lucy...		10.00 11 Minutes: America's Deadliest Mass...	
	118 ITV2	7.00 Deal or No Deal		8.00 Ant & Dec's Limitless Win		9.00 Hell's Kitchen		10.05 Plebs	
	136 MORE4	◂ 6.55 Car S.O.S.		7.55 Grand Designs		9.00 Celebrity PopMaster TV		10.00 PopMaster TV	
	135 E4	7.00 Hollyoaks	7.30 Married at First Sight Australia			9.00 Love Triangle UK		10.00 First Dates	
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 FBI: Most Wanted		9.00 Matlock		10.00 The Cleaning Lady	
	108 SKY ATLANTIC	◂ 6.50 Six Feet Under		7.55 Game of Thrones		9.00 Mussolini: Son of the Century		10.05 Homicide: Life on the Street	
	110 U&GOLD	7.00 Only Fools and Horses	7.40 Dad's Army			9.00 Men Behaving Badly		10.05 Harry Enfield and Chums	
	111 U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games			9.00 QI XL		10.00 Have I Got a Bit More News for You	
	119 ITV3	7.00 Heartbeat		8.00 Vera				10.00 Endeavour	
	120 ITV4	◂ 6.45 Snooker: Players Championship – Live: Coverage of the evening session on day two from Telford International Centre							10.15 Wrestling: AEW Collision
	112 COMEDY CENTRAL	7.00 Friends				9.00 Film: American Made			
	139 SKY SCI-FI	7.00 Warehouse 13		8.00 Stargate SG-1		9.00 Grimm		10.00 The Walking Dead	
	113 SKY MAX	7.00 Stargate SG-1		8.00 Freddie Down Under		9.00 Film: Final Score			
	109 U&ALIBI	7.00 The Mentalist		8.00 White Collar		9.00 Death in Paradise		10.00 Father Brown	
	130 SKY ARTS	7.00 The Alfred Hitchcock Hour		8.00 Julie Andrews Forever		9.00 Sean Connery vs James Bond			10.15 Dean Martin: King of Cool
	132 U&W	7.00 MasterChef Junior USA		8.00 Brit Cops Down Under		9.00 Border Force: America's Gatekeepers		10.00 First Responders	
DOCUMENTARY	125 DISCOVERY	7.00 Salvage Hunters		8.00 Hoffman Family Gold		9.00 Gold Rush		10.00 Harpoon Hunters	
	162 ANIMAL PLANET	7.00 Pit Bulls & Parolees		8.00 The Zoo				10.00 Edge of Alaska	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Nazi Megastructures		9.00 Hitler's Death Squad		10.00 World War II: Secrets from Above	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Digging for Britain		9.00 Bradley Walsh: Egypt's Cosmic Code		10.00 Truthseekers	
	155 U&YESTERDAY	7.00 Our Guy in China		8.00 Bangers & Cash: Restoring Classics		9.00 Bangers & Cash			
	121 SKY DOCS	7.00 Kings from Queens: The Run DMC Story				9.00 Film: Amy			
FILMS – Sky Cinema	301 PREMIERE	◂ 6.20 AfrAid		8.00 Horizon: An American Saga – Chapter 1					
	302 ORIGINALS	◂ 6.10 The Hurricane Heist		8.00 Fight or Flight			9.50 SAS: Red Notice		
	303 HITS	◂ 5.45 The Terminal		8.00 The King's Speech				10.10 Valentine's Day	
	304 CLASSICS	◂ 6.45 Last Action Hero				9.00 Bad Boys			
	305 ANIMATION		7.15 Teenage Mutant Ninja Turtles: Mutant Mayhem			9.05 Batman: Return of the Caped Crusaders			10.35 Little...
	306 FAMILY	◂ 6.10 The Hobbit: The Desolation of Smaug			8.55 The Hobbit: The Battle of the Five Armies				
	307 ACTION	◂ 5.40 The Amazing Spider-Man		8.00 The Amazing Spider-Man 2					10.25 The Legend of...
	308 COMEDY	◂ 6.15 The Invention of Lying		8.00 Mamma Mia! Here We Go Again				10.00 Relax, I'm from the Future	
	309 THRILLER	◂ 5.35 Public Enemies		8.00 Ocean's Twelve					10.20 Against All Odds
	310 DRAMA	◂ 6.30 Rurangi		8.00 One Life				10.00 North Hollywood	
	311 SCI-FI	◂ 5.35 Ready Player One		8.00 Minority Report					10.35 Next Exit
	313 FILM4	◂ 6.55 Dante's Peak				9.00 Vengeance			
SPORT	401 MAIN EVENT	◂ 3.00 Tennis – Live: The Miami Open. Coverage of day one of the WTA 1000 and ATP 1000 event, a hard-court tournament that takes place at Miami Gardens in Florida							
	402 PREMIER LEAGUE	7.00 PL Review		8.00 Gary Neville's Soccerbox		9.00 PL Review		10.00 PL Icons	
	403 FOOTBALL		7.15 EFL Highlights	8.00 Bundesliga Highlights Show		9.00 EFL Highlights	9.45 SPFL Highlights		10.15 Best Goals: EFL Cup 24/25
	404 CRICKET	7.00 IPL		8.00 ICC Champions Trophy Cricket		9.00 IPL			
	410 TNT SPORTS 1	◂ 5.30 UEFA Women's Champions League – Live: Real Madrid v Arsenal (Kick-off 5.45); Bayern Munich v Lyon (Kick-off 8.00)						10.00 PL Reload	10.30 Original...
	411 TNT SPORTS 2	7.00 SailGP Highlights		8.00 Women's T20 International Cricket		9.00 T20 Cricket Highlights		10.00 Fight Night Live	

◂ Denotes programmes starting before 7.00pm † Regions vary

TUESDAY

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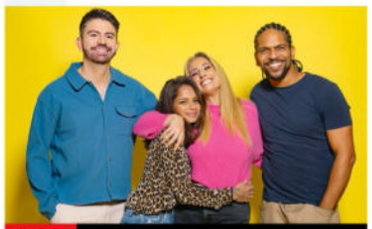
Tuesday

BBC1

101 | 101 | 1 | 101 | 101

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 **Crimewatch Live** New edition (S)
11.30 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Clean It, Fix It** New edition The team help a grandmother who struggles with arthritis. (S)
2.30 **Antiques Road Trip** (S)(R)
3.00 **Escape to the Country** New edition From Suffolk. (S)
3.45 **Make It at Market** New edition Dom Chinea meets an upcycler and a stone carver. (S)(AD)
4.30 **The Finish Line** New edition (S)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)



8.00 Sort Your Life Out

7 PM

7.00 **The One Show** Lauren Laverne and Vernon Kay host the topical show. (S)
7.30 **EastEnders** Nicola is shocked to find out what Harry's been up to but is more distracted by Teddy's business plans. (S)(AD)

8 PM

8.00 **Sort Your Life Out with Stacey Solomon** New edition 6/7. The team help the Noel family declutter their three-bedroom home in east London to help give them the fresh start they have been dreaming of. (S)(AD)

9 PM

9.00 **Waterloo Road** New episode 6/8. While Tonya's health hangs in the balance after an accident, Nicky's parenting comes under fire and Neil's fears are relieved as he questions Jared. (S15) (S)(AD)
■ Entire series on BBC iPlayer

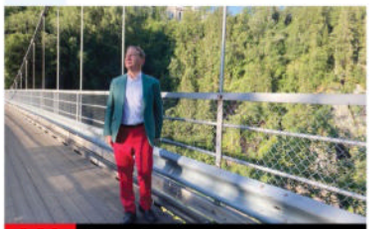
10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 NEW TO BBC1 **Stacey Dooley: Rape on Trial** 1/2. The journalist and media personality meets four young women who have reported being raped by someone they know. *Previously on BBC3.* (S)
11.30 **Stacey Dooley: Rape on Trial** Series finale 2/2. Stacey meets four young women who have reported being raped by someone they know, spending three years following the complainants in the lead-up to trial. They have all waived their legal right to anonymity, as they fight to have their voices heard in a system under immense strain. (S)
12.20 AM **Weather for the Week Ahead**
12.25 **to 6.00** AM **BBC News** (S)

BBC2

102 | 102 | 2 | 102 | 102

6.30 AM **Bargain Hunt** (S)(R)
7.15 **Make It at Market** (S)(R)(AD)
8.00 **Sign Zone: Agatha Christie: Lucy Worsley on the Mystery Queen** (R)
9.00 **BBC News** (S)
12.15 PM **Politics Live** (S)
1.00 **Impossible** Quiz show. (S)(R)
1.45 **Bridge of Lies** Game show. (S)(R)
2.30 **The Tournament** Quiz. (S)(R)
3.15 **Farm to Feast: Best Menu Wins**
3.45 **The Farmers' Country Showdown**
4.15 **Yellowstone** (S)(R)(AD)
5.15 **Flog It!** From Croome. (S)(R)
6.00 **Richard Osman's House of Games** Sarah Kendall, Jay McGuiness, Linda Robson and Bobby Seagull take part. (S)(R)
6.30 **Great Continental Railway Journeys** New edition 7/20. Michael Portillo travels from Myrdal to Heddal in Norway. (S)



6.30 Great Continental Railway...

7.00 **Villages by the Sea** Ben Robinson visits Staithes in North Yorkshire. (S)(R)
7.30 **Mary Berry's Simple Comforts** 5/6. Mary heads to the Yorkshire coast to celebrate a unique bonfire party. (S)(R)(AD)

8.00 **Great British Menu** New edition Four chefs from London and south east England compete with canapes, starters and fish dishes, inspired by great Britons of the past. Past winner Tom Aikens judges. (S)
■ Continues tomorrow

9.00 **Thames Water: Inside the Crisis** Series finale 2/2. Conclusion of the documentary. Thames Water reaches crisis point. There are storms closing in and flood waters spell trouble for the already stretched company. (S)

10.00 **QI** Kemah Bob, Alex Edelman and David Mitchell join regular panellist Alan Davies and host Sandi Toksvig. (S)(R)
10.30 **Newsnight** (S)
11.00 **Weather** (S)
11.05 FILM **As You Like It** Kenneth Branagh's exotic adaptation of Shakespeare's classic romantic comedy, set in 19th-century Japan and starring Bryce Dallas Howard. (S) (2006, 12, 120min) ★
1.05 AM **Sign Zone: This Farming Life** Paul turns to the community for help with a ewe in distress. (S)(R)
2.05 **Sign Zone: Sort Your Life Out with Stacey Solomon** (S)(R)(AD)
3.05 **to 6.30** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 103

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** Topical debate from a female perspective. (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Celebrity Catchphrase** Stephen Mulhern hosts a charity edition of the game show, with Charlie Brooks, Jimmi Harkishin and Siobhan McSweeney trying to guess the familiar phrases. (S)(R)
3.00 **Jeopardy!** New edition Quiz show hosted by Stephen Fry. (S)
4.00 **Tipping Point** New edition Game show hosted by Ben Shephard. (S)
5.00 **The Chase** New edition Quiz show hosted by Bradley Walsh. (S)
6.00 **Local News** (S)
6.30 **ITV News** (S)

7.00 Emmerdale

7.00 **Emmerdale** Sarah is intrigued to meet a new lad, Manpreet is at the mercy of her blackmailer, and Chas and Liam walk into a surprise where Ella's appearance rocks the atmosphere. (S)(AD)

8.00 **The Martin Lewis Money Show: Live** New edition The cash expert answers the financial questions that matter most, and offers tips and tricks for making finances go further. (S)

9.00 **Coronation Street** James offers to provide a home for Dee-Dee's baby, Carla and Lisa pursue Mandy, Brody gives Sean an ultimatum, while Brian learns of Julie's diagnosis. Elsewhere, Tracy finds Rob lurking in the ginnel. (S)(AD)

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **The Undercover Police Scandal: Love and Lies Exposed** 2/3. A mutual friend introduces Helen and Alison, and they work out that their former partners must have belonged to a Metropolitan Police squad that infiltrated left-wing groups. (S)(R)(AD)
11.40 **Made in Britain** (S)(R)(AD)
12.00 M'T **Teleshopping**
3.00 AM **Ainsley's National Trust Cook Off** Ainsley Harriott visits Blickling Hall in Norfolk. (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Alan Titchmarsh's Gardening Club** (S)(SL)(R)

+1 hour | 203 | 303 | 35 | 112

CHANNEL 4

104 104/108 | 108 | 4 | 104 | 104/106

6.25 AM **Cheers** 15-18/26. (S5) (S)(R)
8.10 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** 13-16/25. (S11) (S)(R)(AD)
11.10 **Undercover Boss USA** (S)(R)
12.05 PM **News** (S)
12.10 **Sun, Sea and Selling Houses** (R)
1.10 **Find It, Fix It, Flog It** (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **A New Life in the Sun** (S)(R)
5.00 **Four in a Bed** New edition The second visit is to Emerald Stays in Stratford-upon-Avon. (S)
5.30 **Come Dine with Me** New edition DIY devotee and project manager Tim hosts the second dinner party of the week in Birmingham. (S)
6.00 **A Place in the Sun: What Happened Next?** New edition Jean Johansson revisits brothers Peter and David in Torrevieja, Spain. (S)

8.00 School Swap: UK to USA

7.00 **News** (S)

8.00 **School Swap: UK to USA** New edition The UK students are shocked to learn that almost everyone in Mena has a gun, while the US students visit the world's number one ranked seat of learning. (S)(AD)

9.00 NEW **Leaving Neverland 2: Surviving Michael Jackson** Documentary following Wade Robson and James Safechuck as they navigate an ongoing legal battle in their civil lawsuits against the estate of Michael Jackson. (S)(AD)

10.05 **Celebrity Gogglebox** Famous faces appraise *24 Hours in A&E*, *Five Star Kitchen: Britain's Next Great Chef*, *Sky Coppers*, *Mission: Impossible – Fallout*, *The Chase* and *Jamie's One-Pan Wonders*. (S)(R)(AD)
11.10 **Gogglebox** (S)(SL)(R)(AD)
12.10 AM **Alone USA** New edition 7/11. Successful hunts boost some survivalists' odds of staying for the long haul. (S)
■ Entire series on C4 online
1.20 **The Last Leg** (S)(SL)(R)
2.15 FILM **Can You Ever Forgive Me?** Comedy starring Melissa McCarthy and Richard E Grant. (S)(SL)(AD) (2018, 15, 105min) ★★★★
4.00 **Undercover Boss USA** (S)(R)
4.50 **Location, Location, Location** (R)
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour | 204/208 | 304 | 15 | 121

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 805 | 105 | 5 | 105 | 105 | 105

5.40 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm Huntley** (S)
12.45 PM **GPs: Behind Closed Doors** A woman is concerned about a mole on her toe. (S)(R)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)(AD)
2.15 FILM PREMIERE **A Game of Revenge** Thriller with Jessica Morris and Tanner Zagarino. (S) (2020, 12, 105min) ★★
4.00 **Bargain-Loving Brits in the Sun** Documentary following Brits in Spain. (S)(R)(AD)
5.00 **News** (S)
6.00 **Eggheads** Chopsus Bebes take on the quiz experts. (S)(R) **6.25** Musical Theatre Staffordians take part. (S)(R)
6.55 **News** (S)

9.00 New Lives in the Wild

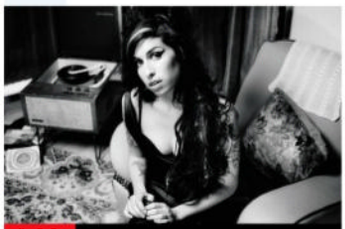
7.00 **Portugal with Michael Portillo** 3/6. Michael seeks out the lesser-known aspects of the Algarve. (S)(R)
7.55 **News** (S)
8.00 **Dogs Behaving (Very) Badly** New edition Dog trainer Graeme Hall turns marriage counsellor to help break up a love triangle between jealous whippet Clyde and his owners Claire and Steve. (S)
9.00 **Ben Fogle: New Lives in the Wild** New edition Ben heads to Morocco to meet former army officer Mark, who has spent the past 17 years building a home with his Argentinian wife, Ayelen. (S)
10.00 **A Killer Makes a Call** New edition 5/6. The story of how Alan Jermey tried to cover up the murder of his partner, Kirsty, by reporting a fire in his home to 999 and claiming that someone had broken in and killed her. (S)
11.05 **Acts of Murder** The crimes of Chacey Poynter. (S)(R)
12.05 AM **Police Interceptors** (S)(R)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **Friends** (S1) (S)(R)(AD)
3.50 **Escape to the Farm with Kate Humble** (S)(R)
4.40 **Wildlife SOS** (S)(SL)(R)
5.05 **Great Scientists** (S)(SL)(R)
5.30 **to 5.40** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128

SKY SHOWCASE

106 106 806 | 109 | 340 | 355

6.00 AM **Sky News Breakfast**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate SG-1** (S)(R)
11.00 **Animals Like Us** (S)(R)
12.00 NOON **The Flash** (S8) (S)(R)
1.00 PM **Hawaii Five-0** (S2) (S)(R)
3.00 **NCIS: Los Angeles** (S14) (S)(R)
4.00 **S.W.A.T.** 3/22. (S1) (S)(R)(AD)
5.00 **The Simpsons** *Postcards from the Wedge:* A scheming Bart plays his parents off against each other. (S)(R) **5.30** *The Colour Yellow:* Lisa is distressed when she investigates her ancestry. (S)(R)
6.00 **The Office (US)** 19/25. Jim and Pam head to a marriage counselling appointment. (S)(R) **6.30** 20/25. Dwight and Angela compete to build the best paper aeroplane. (S9) (S)(R)



9.00 Amy

7.00 **The Simpsons** *Stealing First Base:* Bart decides to steal a kiss from his crush at school. (S)(R) **7.30** *American History X-Cellent:* Mr Burns goes to prison when police find stolen paintings in his home. (S)(R)
8.00 **David Attenborough's Wild City** 3/5. Exploring Singapore's islands, which have a host of remarkable creatures, including the tiger tail seahorse and the quick-changing cuttlefish. (S)(R)(AD)
9.00 FILM **Amy** Director Asif Kapadia's documentary portrait of singer-songwriter Amy Winehouse, whose untimely death in July 2011 followed a well-publicised history of drugs and alcohol abuse. Contributors include Pete Doherty, Tony Bennett, Mitch Winehouse, Tyler James and Mark Ronson. (S)(AD) (2015, 15, 128min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
11.30 **Brassic** 5/6. The lads decide to throw a music festival in Jim's field. (S2) (S)(R)(AD)
12.30 AM **The Force: North East** Officers race to a stabbing outside a Newcastle pub. (S)(R)
1.30 **Brit Cops: War on Crime** (S)(R)
2.30 **Road Wars** (S)(R)
3.00 **NCIS: Los Angeles** (S14) (S)(R)
4.00 **S.W.A.T.** 3/22. (S1) (S)(R)(AD)
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
7.00-7.30pm River City (S)(R)(AD) **12.20am** Scotcast (S)(R) **12.50** Weather for the Week Ahead (S) **12.55-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
10.40pm Spotlight (S) **11.10** Stacey Dooley: Rape on Trial (S)(R)(AD) **12.55-6.00am** BBC News (S)

WALES
Sky 965, Virgin 864, Freesat 965
9.00pm The One That Got Away (S)(R) **9.50-10.00pm** Blue Planet II: Into the Blue (S)(R)

BBC2

N. IRELAND
Sky 969, Freesat 969
7.00-7.30pm If Walls Could Talk New edition (S) **9.00-10.00** The Priests: Faith and Fame (S)(R) **11.05** NEW Thames Water: Inside the Crisis (S)(AD) **12.05-1.05am** Surgeons: At the Edge of Life (S)(R)(AD)

WALES
Sky 968, Freesat 968
1.45pm First Minister's Questions (S) **2.40** Bridge of Lies (S)(R) **3.25** The Tournament (S)(R) **4.10** Farm to Feast: Best Menu Wins (S)(R) **4.45-5.15** The Farmers' Country Showdown (S)(R) **7.00-7.30** NEW Winterwatch in Wales (S) **9.00-10.00pm** Waterloo Road New episode (S)(AD)

ITV1

As main ITV1 except:
WALES
10.45-11.40pm Sharp End Political discussion. (S)

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Cais Quinnell (AD) **12.30** Heno **1.00** Sain Ffagan **1.30** Ffermio **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Y Wal **4.00** Awr Fawr **5.00** Stwnsh **6.00** Cegin Bryn: Yn Ffrainc **6.30** Sgorio **6.57** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Pobol y Cwm New episode (AD) **8.25** Rownd a Rownd New episode (AD) **8.55** Newyddion a'r Tywydd **9.00** 24 Awr Newidiodd Gymru New edition **9.45** Y Byd ar Bedwar **10.15** Jess Davies **10.45-11.50pm** Llofruddiaeth Jack Armstrong

TV&Satellite week
New issue on sale today

BBC3

115/117/121 | 107/113 | 23 | 107 | 107

BBC3 programmes start at 7.00pm

7.00 PM **Top Gear** Jeremy test-drives the Skoda Yeti.
7.55 **The Catch Up**
8.00 **The Agency: Unfiltered** New editions 3/10. Kirsten's post-natal anxiety gets worse. **8.30** 4/10. Kirsten meets with a therapist to get help for her post-natal anxiety.
9.00 **The Insider: Reggie Yates in a Refugee Camp** 2/3. Reggie is in the Middle East to spend a week living in the largest refugee camp in Iraq – alongside 30,000 Syrian exiles.
9.50 FILM **The Photograph** Drama starring Issa Rae, LaKeith Stanfield and Chelsea Peretti. A reporter becomes fascinated by a picture of a woman, and wants to know her backstory. (2020, 12, 106min) ★★★
11.30 **Dreaming Whilst Black**
12.25 AM **Go Hard or Go Home**
1.20 **Planet Sex with Cara Delevingne**
2.05 **Top Gear** As 7.00pm.
3.05 **to 3.55** AM **Stacey Dooley: Rape on Trial**

BBC4

116 | 107/108 | 9/24 | 106 | 108

BBC4 programmes start at 7.00pm

7.00 PM **Climbing Great Buildings** Jonathan Foyle climbs the Lloyds Building in the heart of London.
7.30 **Who Do You Think You Are? USA** Singer Smokey Robinson learns about his grandfather, who was tangled in a controversy.
8.00 **Hancock's Half Hour** Hancock lies to the council.
8.30 **The Fall and Rise of Reginald Perrin** Reggie embarks on an affair.
9.00 **Royal History's Biggest Fibs with Lucy Worsley** The historian examines the reign of Queen Anne.
10.00 **11 Minutes: America's Deadliest Mass Shooting**
11.35 **Storyville: Whirlybird: Live Above LA** The husband-and-wife team who revolutionised broadcast news in America.
1.05 AM **Birdsong**
2.05 **Who Do You Think You Are? USA** As 7.30pm.
2.35 **to 3.35** AM **Royal History's Biggest Fibs with Lucy Worsley**

MORE4

136/137 831 | 147 | 18 | 124

8.55 AM **Kirstie's House of Craft**
9.15 **A Place in the Sun**
10.05 **A New Life in the Sun**
11.05 **Find It, Fix It, Flog It**
1.05 PM **Car S.O.S**
2.05 **Four in a Bed**
4.50 **Chateau DIY** Bad weather threatens to derail Abbie, Clive and Karen's first wedding of the year.
5.50 **Car S.O.S** Tim and Fuzz secretly restore a former soldier's Austin army truck. **6.55** Fuzz and Tim work to restore a Mazda RX-7.
7.55 **Grand Designs** A Royal Marine who was seriously injured in Afghanistan begins a project to build a specially adapted home with a cutting-edge design.
9.00 **Celebrity PopMaster TV** Ken Bruce quizzes Toyah Willcox, MistaJam, Richard Blackwood, Sally Lindsay and Kimberly Wyatt on their musical knowledge.
10.00 **PopMaster TV** 1/6. First edition of the TV version of the radio quiz. Ken Bruce tests five players on their musical knowledge to win a place in the Grand Final.
11.05 **The Emergency Ward** Two doctors fear that a cyclist has life-changing injuries.
12.10 AM **24 Hours in A&E**
2.20 **Emergency Helicopter Medics** Documentary.
3.25 **to 3.55** AM **Food Unwrapped**

+1 hour 236/237 | 347 | 125

E4

135/136 830 | 106 | 13 | 122

6.00 AM **Hollyoaks**
7.00 **Ramsay's Kitchen Nightmares USA**
8.00 **The Goldbergs**
9.00 **The Big Bang Theory**
10.00 **Young Sheldon**
11.00 **Married at First Sight Australia** Reality series.
12.30 PM **The Big Bang Theory**
2.00 **Young Sheldon**
3.00 **Modern Family**
4.00 **The Simpsons**
5.00 **The Big Bang Theory**
6.30 **The Simpsons**
7.00 **Hollyoaks** Darren hopes for reconciliation when Frankie turns up on his doorstep.
7.30 **Married at First Sight Australia** New edition Expert Alessandra launches Intimacy Week with a bang, and the brides must create their ultimate fantasy night.
9.00 **Love Triangle UK** New edition 5/10. Now that the original suitors have left, it's time for the newcomers to take centre stage.
10.00 **First Dates** A linguist becomes tongue-tied.
11.05 **Naked Attraction**
12.10 AM **Gogglebox**
1.15 **Married at First Sight Australia** As 7.30pm.
2.30 **Love Triangle UK**
3.25 **Abbott Elementary**
3.50 **The Neighborhood**
4.40 **Modern Family**
5.05 **to 6.00** AM **Ramsay's Kitchen Nightmares USA**

+1 hour 235/236 | 306 | 30 | 123

TUESDAY Entertainment

Tuesday

Sky Witness

107 807 110 341 356

6.00 AM **Stop, Search, Seize**
7.00 **Motorway Patrol**
8.00 **Border Patrol**
9.00 **Border Security USA**
10.00 **Border Security: America's Front Line** Double bill.
11.00 **Bull** 2/16. (S5)
12.00 NOON **The Good Doctor** (S2)
1.00 PM **The Cleaning Lady** (S2)
2.00 **Chicago Fire** 1/13. Firehouse 51 are forced to share their space with Firehouse 17. **3.00** 2/13. Mouch sets out to change his legacy. (S12)
4.00 **Nothing to Declare**

9.00 Matlock

7 PM
7.00 **Nothing to Declare** An anxious passenger arouses suspicion. **7.30** A girl is questioned by immigration officers.

8 PM
8.00 **FBI: Most Wanted** *The Line:* 5/15. A rogue militia group open fire on teenagers crossing the Canadian border. (S2)

9 PM
9.00 **Matlock** New episode *Crash Helmets On:* 10/18. A senior living facility faces a wrongful death suit. Stars Kathy Bates. (S1)

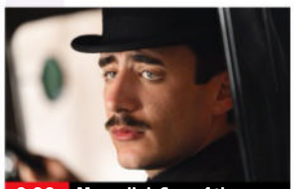
10 PM
10.00 **The Cleaning Lady** *Coming Home Again:* 9/10. Arman's fallout with Hayak has severe consequences for Thony. (S1)
11.00 **The Rookie** 1/22. (S5)
12.00 M'T **Law & Order: Organized Crime** 7/22. (S2)
1.00 AM **FBI: Most Wanted** (S2)
2.00 **The Equalizer** New episode
3.00 **The Good Doctor** 11/18. (S2)
4.00 **Highway Patrol**
5.00 **to 6.00** AM **Road Wars**

+1 hour 207 310

Sky Atlantic

108/109 808 342 357

6.00 AM **Fish Town** Double bill.
8.10 **True Blood** (S4&5)
10.15 **Six Feet Under** 6&7/13. (S2)
12.25 PM **Game of Thrones** (S6)
1.30 **Westworld** 2&3/10. (S2)
3.40 **True Blood** 12/12. Alcide receives unnerving news. (S4) **4.45** 1/12. Sookie and Lafayette struggle to decide what to do about Tara. (S5)
5.45 **Six Feet Under** 6/13. Federico and Vanessa's marriage hits the rocks. **6.50** 7/13. Nate seeks spiritual guidance. (S2)


9.00 Mussolini: Son of the...

7.55 **Game of Thrones** *Homeward Bound:* 2/10. Bran trains with the Three-Eyed Raven, while at Castle Black, the Night's Watch stands behind Alliser Thorne. (S6)

9.00 **Mussolini: Son of the Century** New episode 7/8. Benito wins the elections. Subtitled. (S1)
■ Entire series on Box Sets

10.05 **Homicide: Life on the Street** *Cradle to Grave:* 10/20. A scandal returns to haunt Pembleton. (S3)
11.05 **Gangs of London** 8/8. Elliot's conflict reaches an exhilarating climax. (S2)
12.20 AM **The Wire** 4/13. (S4)
1.30 **Mare of Easttown** 4/7. (S1)
2.40 **Band of Brothers** 8/10. (S1)
3.50 **Game of Thrones** As 7.55pm.
4.55 **to 6.00** AM **Fish Town**

+1 hour 208/209

Sky Max

113/114 813 111 346 361

6.00 AM **Hawaii Five-0** (S2)
8.00 **The Flash** 11/20. (S8)
9.00 **Stargate SG-1** 19&20/22. (S3)
11.00 **Supergirl** 20/20. (S1)
12.00 NOON **The Flash** 12/20. (S8)
1.00 PM **Hawaii Five-0** (S2)
3.00 **NCIS: Los Angeles** 3/21. (S14)
4.00 **S.W.A.T.** 3/18. (S4)
5.00 **Supergirl** 19/20. Non and Indigo activate their Myriad mind-control project. (S1)
6.00 **Stargate SG-1** 19/22. The team members find themselves used as pawns in an ideological war. (S3)

9.00 Final Score

7.00 **Stargate SG-1** *Maternal Instinct:* 20/22. The team race against Apophis to find the Harsesis child. (S3)

8.00 **Freddie Down Under** 3/6. Andrew and Rob go snake-catching, but a disaster throws their trip into jeopardy.

9.00 **FILM Final Score** Action drama starring Dave Bautista and Pierce Brosnan. A former soldier is forced into action when armed terrorists take control of a packed football stadium. (2018, 15, 104min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.00 **Brassic** 5/6. Vinnie and the lads decide to throw a music festival in Jim's field. (S2)
12.00 M'T **The Force: North East**
1.00 AM **Brit Cops: War on Crime**
2.00 **Rob Beckett's Smart TV** New edition With Kadiff Kirwan.
2.50 **NCIS: Los Angeles** 3/21. (S14)
3.50 **S.W.A.T.** 3/22. (S1)
4.55 **to 6.00** AM **Highway Patrol**

ITV2

118 816 115 6 113

6.00 AM **CITV**
9.00 **World's Funniest Videos**
9.55 **Love Bites** Double bill.
12.00 NOON **Dinner Date**
1.00 PM **Deal or No Deal**
2.00 **Supermarket Sweep**
3.00 **Charmed** 14/22. The Zodiacs ask Piper for help. (S8)
4.00 **Gilmore Girls** 14/22. Lorelai tries to save her relationship with Luke. (S5)
5.00 **Dinner Date**
6.00 **Celebrity Catchphrase** With Tony Audenshaw, Tamzin Outhwaite and Phil Tufnell.

7.00 Deal or No Deal

7.00 **Deal or No Deal** Stephen Mulhern hosts as Dennis takes on the Banker for the chance to win a life-changing cash prize.

8.00 **Ant & Dec's Limitless Win** Husband-and-wife Nathan and Taylor return to continue their climb up the money ladder.

9.00 **Hell's Kitchen** New edition 11/16. The chefs cook for a charity night with guests including Susan Lucci.

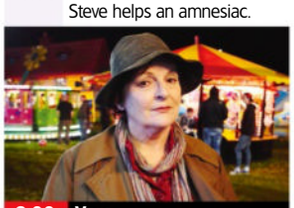
10.05 **Plebs** 3/6. Marcus becomes Grumio's slave. **10.35** 4/6. Cynthia rescues a stray cat, so Marcus befriends it. (S1)
11.05 **Family Guy** 11/12. Brian's long-lost son moves in. **11.35** 5/12. Stewie takes action to claim the title of supreme ruler of the world. (S6)
12.05 AM **American Dad!** (S3&2)
1.05 **Bob's Burgers** (S13)
2.05 **to 3.00** AM **Plebs**

+1 hour 218 315 29 114

ITV3

119 117 10 115

6.00 AM **Classic Emmerdale**
7.00 **Classic Coronation Street**
8.10 **Inspector Morse**
10.35 **The Royal** *Best of Intentions.*
11.40 **Heartbeat** Double bill.
1.40 PM **Classic Emmerdale**
2.40 **Classic Coronation Street**
3.40 **Inspector Morse** *Death Is Now My Neighbour:* The chief inspector investigates the apparently motiveless shooting of a woman through her kitchen window.
6.00 **Heartbeat** *Nowhere Man:* Steve helps an amnesiac.


8.00 Vera

7.00 **Heartbeat** *Swansong:* Alf Ventress mounts a large-scale surveillance operation in an effort to track down a wool thief.

8.00 **Vera** *Tuesday's Child:* The detective investigates the discovery of a homeless young man's body in an area notorious for illicit teenage gatherings, and tries to discover how he ended up on the streets.

10.00 **Endeavour** *Prelude:* Morse investigates the death of a member of an Oxford orchestra, before a second tragedy hits.
11.55 **Trial & Retribution** 3/10. A friend of Chief Supt Walker is found dead. **12.50** AM 4/10. The investigation becomes complex as details of Carlisle's life begin to emerge. (S11)
1.45 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 180 162 110

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **Crimewatch Caught**
8.00 **This Farming Life** New edition 9/12. The Imries prepare for their biggest event so far.
9.00 **NEW SERIES Jailed: Women in Prison** 1&2/4. Documentary following life in two of Scotland's female prisons – HMP & YOI Stirling, the country's newest and largest facility for women, and HMP Grampian.
10.00 **Limbs in the Loch: Catching a Killer** A murder investigation by Strathclyde Police. **10.30** A nationwide hunt is launched for suspect William Beggs.
11.00 **Scotcast** New edition Discussion on Scotland's biggest news stories.
11.30 PM **to 12.00** M'T **Burnistoun**

Sky Comedy

114/115 814 112 347 362

8.00 AM **Crashing** (S1)
9.10 **The Conners** (S1)
10.10 **Veep** 1&2/8. (S1)
11.25 **Ballers** 8&9/10. (S1)
12.35 PM **Curb Your Enthusiasm** (S4)
1.55 **Veep** 1&2/8. (S1)
3.05 **Ballers** 8&9/10. (S1)
4.25 **Crashing** 2&3/8. (S1)
5.40 **The Office (US)** (S9)
6.40 **The Conners** (S1)
7.40 **Curb Your Enthusiasm** 8/10. Cheryl receives medical advice from an unlikely source. **8.20** 9/10. Preparations are made for Larry and Cheryl to renew their marriage vows. (S4)
9.00 **And Just Like That...**
10.40 **The Tonight Show Starring Jimmy Fallon** New edition Talk show.
11.40 **Divorce** 7&8/10. (S1)
12.50 AM **Barry** 3&4/8. (S1)
2.00 **The Righteous Gemstones** New episode
2.50 **Crashing** 3&4/8. (S1)
4.15 **to 5.00** AM **Avenue 5**

Sky Arts

130/131 826 123 36 143 365

6.00 AM **André Rieu: Roses from the South**
8.00 **Watercolour Challenge**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **Discovering**
12.00 NOON **Watercolour Challenge** Double bill.
1.00 PM **Tales of the...**
2.00 **Landscape Artist of the Year** Stonehenge.
4.00 **Comedy Legends**
5.00 **Portrait Artist 2021**
6.00 **Tales of the Unexpected**
7.00 **Alfred Hitchcock Hour**
8.00 **Julie Andrews Forever**
9.00 **Sean Connery vs James Bond**
10.15 **Dean Martin: King of Cool** A profile of the singer and actor.
12.25 AM **The Art of Australia**
1.45 **Art's Wildest Movement: Mannerism**
3.00 **Marina Abramovic Takes Over TV**
4.00 **David Hockney: In Normandy**
5.00 **to 6.00** AM **Auction**

Sky Mix

151 135 11 141

7.00 AM **Nothing to Declare**
9.00 **Bondi Rescue**
10.00 **Highway Patrol**
11.00 **Nothing to Declare**
12.00 NOON **Motorway Patrol**
1.00 PM **Border Patrol**
2.00 **Bondi Rescue**
3.00 **Nothing to Declare**
4.00 **Star Trek: The Next Generation** (S7)
5.00 **Stargate SG-1** (S1)
6.00 **Stargate Atlantis** (S2)
7.00 **Star Trek: Voyager** (S5)
8.00 **Hawaii Five-0** (S8)
9.00 **FBI: Most Wanted** (S3)
10.00 **FBI: International** (S2)
11.00 **Britain's Most Evil Killers** The story of Lee Ford, who killed his wife and four stepchildren in September 2000.
12.00 M'T **Snapped**
1.00 AM **Nothing to Declare**
2.00 **Brit Cops: Law & Disorder** Documentary.
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Be

131/132 119 28 119

7.30 AM **Unwind**
7.40 **Buying the View**
8.10 **The Family Diaries**
9.10 **Fletchers' Family Farm**
10.15 **Buying and Selling**
11.10 **The Real Housewives of Dubai** Reality series.
12.05 PM **The Family Diaries**
1.10 **The Only Way Is Essex**
2.10 **Dinner Date**
3.10 **NEW SERIES Scott's Vacation House Rules**
4.05 **The Real Housewives of Dubai** Reality series.
5.00 **The Real Housewives of Atlanta** Reality series.
6.00 **Buying and Selling**
7.00 **Fletchers' Family Farm**
8.00 **Dinner Date**
9.00 **The Real Housewives of Orange County** New edition Reality show.
10.00 **The Matchmaker** New edition
10.55 **Botched** Medical series.
11.50 **The Only Way Is Essex**
12.50 AM **Buying the View**
1.15 **to 1.30** AM **Unwind**

+1 hour 319

GREAT! tv

157 170 50

8.00 AM **Diagnosis Murder**
10.00 **Father Dowling Mysteries** 4/8. (S1)
11.00 **Highway to Heaven**
3.00 PM **Diagnosis Murder**
5.00 **Murder, She Wrote**
7.00 **M*A*S*H** 1–4/25. (S4)
9.00 **Randall and Hopkirk (Deceased)** *For the Girl Who Has Everything:* 12/26. Jeff and Marty go on a ghost hunt at a haunted castle. (S1)
10.00 **The Avengers** *The Curious Case of the Countless Clues:* 19/33. Steed helps Scotland Arthur Doyle on a murder inquiry with an abundance of clues. (S6)
11.00 **The Persuaders!** (S1)
12.00 M'T **M*A*S*H** (S4)
2.00 AM **Randall and Hopkirk (Deceased)**
3.00 **The Persuaders!** (S1)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 118 26 117

6.00 AM **The Derby Through the Years** Memorable stagings.
6.20 **Minder**
7.20 **The Sweeney**
8.20 **Robin of Sherwood**
9.25 **Magnum, PI**
10.30 **Kojak**
11.35 **BattleBots**
12.45 PM **LIVE Snooker: Players Championship** The afternoon session on day two from Telford International Centre.
5.00 **Snooker v Darts**
5.10 **River Monsters**
5.40 **BattleBots** New edition

5.00 Snooker v Darts

6.45 **LIVE Snooker: Players Championship** Jill Douglas presents coverage of the evening session on day two from Telford International Centre, featuring two first-round matches played over the best of 11 frames. With analysis from Stephen Hendry, Alan McManus, Ken Doherty and Neal Foulds, and commentary by Phil Yates and David Hendon.

10.15 **Wrestling: AEW Collision** Hard-hitting action from AEW's newest show, featuring stars including FTR, Thunder Rosa and Miro.
12.10 AM **LIV Golf Highlights** Action from all three days at Sentosa Golf Club, Singapore.
1.10 **Minder**
2.10 **The Protectors**
2.40 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 836 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 17/26. (S4)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: Deep Space Nine** 6/26. (S7)
2.00 **Warehouse 13** 13/20. (S4)
3.00 **Stargate SG-1** 5/20. (S10)
4.00 **Star Trek: Voyager** (S3)
5.00 **Star Trek: Deep Space Nine**
6.00 **Star Trek: The Next Generation** 17/26. The crew members find themselves plagued by hallucinations. (S4)

11.00 Wynonna Earp

7.00 **Warehouse 13** *The Big Snag:* 13/20. Pete and Myka get sucked into a 1940s detective noir novel. (S4)

8.00 **Stargate SG-1** *Uninvited:* 5/20. Teal'c discovers that a brutal creature is attacking inhabitants of a new world. (S10)

9.00 **Grimm** *12 Days of Krampus:* 8/22. Two teenagers are kidnapped by an evil spirit of Christmas. (S3)

10.00 **The Walking Dead** *No Sanctuary:* 1/16. Rick and the group find themselves in a vulnerable situation trapped in a train car. (S5)
11.00 **Wynonna Earp** 1&2/13. (S1)
1.00 AM **FILM Swim** Action horror starring Joey Lawrence and Jennifer Field. A family trapped in their storm-flooded vacation rental attempt to escape from a hungry shark. (2021, 15, 86min) ★★
3.00 **Train** 7/12. (S1)
4.10 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 809 114 343 358

7.15 AM **Murdoch Mysteries** (S12)
9.00 **Father Brown**
10.00 **The Doctor Blake Mysteries**
11.00 **Hudson & Rex** 5/20. (S5)
12.00 NOON **The Mentalist** (S5)
1.00 PM **Death in Paradise** (S2)
2.00 **Murdoch Mysteries** (S12)
4.00 **The Doctor Blake Mysteries**
5.00 **Hudson & Rex** 5/20. Rex is accused of attacking a former police officer. (S5)
6.00 **Father Brown** *The Flying Stars:* The priest discovers that a supposed accidental drowning was actually a murder.

10.00 Father Brown

7.00 **The Mentalist** *Behind the Red Curtain:* 18/22. An actor is pushed to her death from a hotel balcony. (S5)

8.00 **White Collar** *Feed:* 10/13. Peter turns down a promotion to focus on investigating Siegel's murder. (S5)

9.00 **Death in Paradise** *An Unholy Death:* 2/8. A nun is found dead in a smoke-filled bedroom in her convent. (S2)

10.00 **Father Brown** *The Demise of the Debutante:* The cleric investigates a murder at a finishing school for young ladies.
11.00 **The Mentalist** As 7.00pm.
12.00 M'T **White Collar** As 8.00pm.
1.00 AM **Elementary** 17/24. A wealthy man believes he was deliberately given a degenerative disease. (S1)
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 810 124 344 359

7.00 AM **Highlights**
9.00 **On the Up**
9.40 **Are You Being Served?**
10.20 **Only Fools and Horses**
11.00 **Last of the Summer Wine**
12.20 PM **Keeping Up Appearances**
1.00 **On the Up**
1.40 **Dad's Army**
2.20 **Only Fools and Horses**
3.00 **Are You Being Served?**
3.40 **Last of the Summer Wine**
5.00 **On the Up**
5.40 **Keeping Up Appearances**
6.20 **Are You Being Served?**

10.05 Harry Enfield and Chums

7.00 **Only Fools and Horses** Del Boy persuades Denzil to lend him his redundancy money.
7.40 **Dad's Army** The men head off for a weekend at a training camp. **8.20** Mainwaring gives the platoon a lecture in communications.

9.00 **Men Behaving Badly** The lads try their best to impress Deborah. **9.35** Dorothy welcomes Gary's suggestion of an open relationship.
10.05 **Harry Enfield and Chums** Comedy sketches, with guest star Dawn French.
10.45 **Live at the Apollo** Kevin Bridges introduces stand-up routines by Phill Jupitus and Sara Pascoe.
11.50 **Billy Connolly Does...**
12.50 AM **Men Behaving Badly**
1.55 **Harry Enfield and Chums**
2.40 **Billy Connolly Does...**
3.30 **to 4.00** AM **The Royle Family**

+1 hour 210/211 324

U&Dave

111/112 811 127 19 157

7.10 AM **World's Most Dangerous Roads** Johnny Vegas and Lucy Beaumont visit Montenegro.
8.00 **Highland Cops**
10.00 **American Pickers**
12.00 NOON **Storage Hunters UK**
2.00 PM **James May's Man Lab**
3.00 **Top Gear** Double bill.
5.00 **Hairy Bikers' Best of British** Si King and Dave Myers celebrate British beef.
6.00 **Rick Stein's Mediterranean Escapes** The chef visits his favourite places in the region, beginning in Corsica.

7.40 House of Games

7.00 **Would I Lie to You?** With Kevin Bishop, Brian Blessed, Kate Williams and Josh Widdicombe.
7.40 **Richard Osman's House of Games** With Sally Phillips and Vikki Stone. **8.20** With guests Maisie Adam, Ivo Graham, Dev Griffin and Zoe Lyons.

9.00 **QI XL** Sandi Toksvig's debut as host, with Alan Davies, Romesh Ranganathan, Cariad Lloyd and Phill Jupitus.

10.00 **Have I Got a Bit More News for You** Charlie Brooker hosts the satirical quiz, with Miles Jupp and Charlotte Ivers.
11.00 **Taskmaster**
12.00 M'T **Mock the Week**
12.40 AM **Would I Lie to You?**
2.00 **Meet the Richardsons**
2.30 **Meet the Richardsons: Five Years of Laughter**
3.00 **to 4.00** AM **Meet the Richardsons**

+1 hour 211/212 327 74

Tuesday

7 PM 8 PM 9 PM 10 PM

4seven

137/138 143 49 127

9.00 AM **Four in a Bed**
9.30 **Sun, Sea and Selling Houses** From Spain.
10.30 **Find It, Fix It, Flog It**
11.30 **A Place in the Sun**
2.30 PM **Come Dine with Me**
5.00 **A Place in the Sun: What Happened Next?**
6.00 **Location, Location, Location** Double bill.
8.00 **George Clarke's Old House, New Home**
9.00 **Gogglebox**
10.00 **Tempting Fortune** A group of 12 strangers make a gruelling trek across the wilderness. **11.05** The 11 remaining fortune-seekers are split into three camps.
12.05 AM **Leaving Neverland 2: Surviving Michael Jackson** Documentary.
1.15 **FILM Firestarter** Thriller starring Zac Efron. (2022, 15, 94min) ★★★
3.05 **Ancient Greece by Train with Alice Roberts**
4.05 **to 4.35** AM **Travel Man: 48 Hours in Salzburg**

5USA

141/169 120/162 21 129

9.00 AM **Entertainment News**
9.10 **NCIS** (S12&13)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *React:* 15/24. The Secretary of the Navy learns her daughter has been kidnapped. **7.00** *Loose Cannons:* 16/24. Gibbs' surgeon Dr Cyril Taft helps the team investigate a raid on a naval base. **8.00** *Scope:* 18/24. The team ask a serviceman to relive the events of an ambush in Iraq. (S13)
9.00 **Law & Order** New episode *Family Ties:* 9/13. A congressman's aide is found dead after testifying in a corruption case. (S23)
10.00 **Law & Order: Special Victims Unit** (S17&16)
1.50 AM **Quantum Leap** (S1)
2.45 **The Good Wife** (S2)
3.35 **to 4.00** AM **Motorway Patrol**

+1 hr 241/269 320/362 130

5STAR

128/129 126 32 131

8.00 AM **Rich Kids Go Skint**
9.00 **Bargain-Loving Brits in the Sun** Documentary.
10.00 **Nightmare Tenants, Slum Landlords**
11.00 **Traffic Cops** Triple bill.
2.00 PM **Police Interceptors**
5.00 **Shoplifters: Caught Red Handed**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **Killer at the Crime Scene** New edition Mohammed Saleem.
10.00 **999: Critical Condition**
11.00 **Skin A&E** Documentary.
12.00 M'T **Accused: Guilty or Innocent?** True-crime.
1.00 AM **GPs: Behind Closed Doors** Medical series.
2.00 **Casualty 24/7: Every Second Counts**
2.50 **Police Interceptors**
3.35 **to 4.00** AM **Home and Away**

+1 hour 228/229 326 140

5Action

150 130 33 132

9.00 AM **Trucking Hell**
9.20 **Car Pound Cops**
9.50 **Outback Truckers**
10.50 **Traffic Cops**
11.50 **Police Interceptors**
12.55 PM **FILM Stagecoach Express** Western starring Red Barry. (1942, PG, 57min) ★★★
2.10 **FILM The Great Missouri Raid** Western starring Wendell Corey. (1950, PG, 84min) ★★
4.00 **Outback Truckers**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
9.00 **Motorway Cops: Catching Britain's Speeders** Officers deal with a speeding driver.
10.00 **Scam City** Cautionary tales from Las Vegas.
11.00 **Fights, Camera, Action!**
12.00 M'T **Air Crash: Disaster Revealed**
1.00 AM **Police Interceptors**
2.00 **Trucking Hell**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 827 125 25 156

6.10 AM **Inside the Ambulance**
7.00 **My Dream Home**
8.00 **Tipping Point**
11.00 **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **DIY SOS: The Big Build**
7.00 **MasterChef Junior USA** New edition The contestants must prepare a dish using the mystery seafood that is in their treasure chest.
8.00 **Brit Cops Down Under** New edition The final wave of recruits from the UK arrive in Australia.
9.00 **Border Force: America's Gatekeepers**
10.00 **First Responders**
11.00 **In Defense Of**
12.00 M'T **Inside the Ambulance**
12.30 AM **Stacey Dooley: Back on the Psych Ward**
1.50 **to 3.00** AM **Alex Jones: Making Babies**

+1 hour 232/233 325

U&Drama

143 116 20 158

7.10 AM **All Creatures Great and Small**
8.00 **Doctors**
9.15 **Classic Holby City**
10.35 **Classic Casualty**
11.40 **The Bill**
12.40 PM **Classic EastEnders**
2.00 **Eldorado**
3.15 **Bergerac**
4.20 **All Creatures Great and Small**
5.20 **One Foot in the Grave**
6.00 **As Time Goes By**
6.40 **Last of the Summer Wine** Double bill.
8.00 **Jonathan Creek** *The Curse of the Bronze Lamp:* An act of teleportation leaves Jonathan lost for words. With Josie Lawrence.
9.20 **New Tricks** *The Rock – Parts One & Two.*
12.00 M'T **Bergerac**
1.00 AM **Lovejoy**
2.00 **Birds of a Feather**
2.45 **to 4.00** AM **Classic Holby City**

+1 hour 243 316 60

SKY HD SD VIRGIN HD FREEVIEW HD FREESAT HD EE HD

Really

142 128 17 145

6.00 AM **Fantasy Homes by the Sea** From Dorset.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
10.00 **Money for Nothing**
12.00 NOON **Escape to the Country** Double bill.
2.00 PM **Antiques Road Trip**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Antiques Road Trip**
9.00 **Long Lost Family** A woman who has not seen her only child since he was 10 days old. **10.00** Focusing on stories of people searching for siblings.
11.00 **Long Lost Family Australia** A woman trying to find her father.
12.00 M'T **Celebrity Help! My House Is Haunted**
1.00 AM **Help! My House Is Haunted** An 18th-century farmhouse.
2.00 **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge

145 139 48 142

7.00 AM **The Chase**
10.00 **The Bidding Room**
11.00 **Play Your Cards Right**
12.00 NOON **Tenable**
1.00 PM **Family Fortunes**
3.00 **Catchphrase** Double bill of the game show.
4.00 **Blockbusters** Double bill of the quiz show.
5.00 **Bullseye** Double bill of the darts-based quiz.
6.00 **The Bidding Room** Featuring a painting, a rocket toy, retro furniture and a walking stick.
7.00 **Tenable** Warwick Davis hosts as five members of an a cappella group compete in the quiz.
8.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
10.00 **Tenable** As 7.00pm.
11.00 **Bullseye** Double bill.
12.00 M'T **Weakest Link**
1.00 AM **The Crystal Maze**
2.00 **The Chase** Double bill.
4.00 **Tenable** As 7.00pm.
5.00 **to 6.00** AM **Bullseye**

GREAT! action

323 426 42

8.10 AM **Wanted: Dead or Alive** Western drama.
8.50 **Jack Hunter**
11.00 **The High Chaparral**
12.00 NOON **Wanted: Dead or Alive** Double bill.
1.00 PM **FILM Four Fast Guns** Western. (1960, b/w, U, 72min) ★★
2.45 **FILM The Scalphunters** Adventure. (1968, PG, 102min) ★★★
5.00 **Wanted: Dead or Alive**
7.00 **The High Chaparral**
8.00 **The Avengers** (S6)
9.00 **FILM The Commando** Thriller with Michael Jai White and Mickey Rourke. (2022, 15, 89min) ★★
11.05 **FILM Extraction** Action thriller starring Kellan Lutz and Bruce Willis. (2015, 15, 88min) ★
1.05 AM **FILM Earthstorm** Sci-fi action drama. (2006, PG, 90min) ★★
3.00 **to 5.00** AM **Wild West Chronicles**

+1hour 324

GREAT! movies

321 425 34

9.00 AM **FILM Lost Letter Mysteries: Truth Be Told** Crime drama. (2015, PG, 85min) ★★
10.55 **FILM Lost Letter Mysteries: The Impossible Dream** Drama. (2015, PG) ★★
1.00 PM **FILM Ring of Deception** Thriller. (2017, PG, 90min) ★★
3.00 **FILM Fatal Performance** Thriller. (2013, PG, 83min) ★★
5.00 **FILM Poisoned in Paradise: A Martha's Vineyard Mystery** Thriller. (2021, PG) ★★
7.00 **Sue Thomas: F.B.Eye**
9.00 **FILM 13** Thriller remake. (2010, 15, 87min) ★★
10.55 **FILM The Forger** Thriller. (2014, 15, 92min) ★★
12.55 AM **FILM The Expatriate** Thriller. (2012, 15) ★★
3.20 **Air Rescue**
4.00 **to 6.00** AM **FILM The Lease** (2017, PG) ★★

+1hour 322

GREAT! romance

319 424 52

8.00 AM **FILM Winter's Dream** Romantic drama. (2018, PG, 84min) ★★
10.00 **FILM Autumn Dreams** Comedy. (2015, PG) ★★
12.05 PM **FILM Love, Fall & Order** Romantic drama. (2019, U, 84min) ★★
2.00 **FILM Love Struck Cafe** Drama. (2017, PG) ★★
4.05 **FILM Love Is a Piece of Cake** Romantic drama. (2020, PG, 90min) ★★
6.05 **FILM Love's Sweet Recipe** Romantic drama. (2021, PG, 85min) ★★
8.00 **FILM PREMIERE The Wedding Rule** Comedy. (2023, U, 90min) ★★
9.55 **FILM A Romance Wedding** Comedy. (2020, PG, 85min) ★★
11.50 **FILM Stop the Wedding** Drama. (2016, U) ★★
1.55 AM **Highway to Heaven**
3.00 **to 5.00** AM **FILM Walking the Dog** Comedy. (2017, PG) ★★

+1hour 320 63

Rewind TV

182 95

6.00 AM **Highlights**
8.30 **Huckleberry Finn**
9.00 **Bubblegum & Cheese**
10.00 **The Monkees** (S1)
10.30 **Watching** 1/6. (S3)
11.00 **Married... with Children**
11.30 **Bewitched** (S1)
12.00 NOON **Shine on Harvey Moon** 5&6/6. (S1)
1.00 PM **Fantasy Island** (S1)
2.00 **Return of the Saint**
3.00 **Space 1999** 1/24. (S1)
4.00 **Bubblegum & Cheese**
5.00 **Married... with Children**
5.30 **Watching** 1/6. (S3)
6.00 **Bewitched** (S1)
6.30 **The Monkees** (S1)
7.00 **Police Woman** (S1)
8.00 **Return of the Saint**
9.00 **Dark Skies** 5/20. (S1)
10.00 **Game On** 3/6. (S3)
10.35 **Drop the Dead Donkey**
11.05 **The Mrs Merton Show**
11.40 **Thriller** 4/10. (S1)
1.00 AM **Space 1999** (S1)
2.00 **Monkey** 1/26. (S1)
3.00 **Bubblegum & Cheese**
4.00 **to 6.00** AM **Highlights**

DMAX

159 169 39 147

6.00 AM **Alaska: The Last Frontier** Double bill.
8.00 **Outback Opal Hunters**
9.00 **Deadliest Catch**
11.00 **Alaska: Homestead Rescue** Double bill.
1.00 PM **Aussie Gold Hunters**
3.00 **Yukon Gold** Double bill.
5.00 **Alaskan Bush People**
7.00 **Deadliest Catch** Lives are lost just 12 hours into the crab season. **8.00** The *Retriever*'s crew attempt to put out an electrical fire. **9.00** John and Andy fight to save their anchor and the boat. **10.00** Jack braves treacherous tidal currents and chaos strikes the *Wizard*.
11.00 **Aussie Gold Hunters**
12.00 M'T **Naked and Afraid XL** Double bill.
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Building Alaska**

+1hour 259 369 153

Food Network

140/141 190 43 148

6.00 AM **Michel Roux's Provence Masterclass**
7.00 **The Pioneer Woman**
9.00 **Jamie's 15 Minute Meals**
11.00 **Great British Bake Off**
12.30 PM **Paul Hollywood: City Bakes** As 8.30pm.
1.00 **Michel Roux's Provence Masterclass**
2.00 **Michel Roux's French Country Cooking**
3.00 **The Pioneer Woman**
5.00 **Jamie's 15 Minute Meals**
7.00 **Great British Bake Off**
8.30 **Paul Hollywood: City Bakes** Paul showcases the inspirational people he met on his travels.
9.00 **Michel Roux's Provence Masterclass**
10.00 **Nadiya's Time to Eat**
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food with Casey Webb**
2.00 **to 3.00** AM **Guy's Grocery Games**

+1hour 240/241 154

Legend

148 149 41 137

8.00 AM **Walker, Texas Ranger** 21/26. (S3)
9.00 **Six Million Dollar Man**
10.00 **T.J. Hooker** 18/23. (S4)
11.00 **FILM Crack in the World** Sci-fi thriller. (1965, PG, 96min) ★★
12.55 PM **FILM Fiend Without a Face** Sci-fi chiller. (1958, PG, 75min) ★★
2.25 **FILM Zulu** Historical adventure. (1963, PG, 138min) ★★★★★
5.00 **Star Trek** 15/26. (S2)
6.00 **T.J. Hooker** 19/23. (S4)
7.00 **Six Million Dollar Man**
8.00 **Walker, Texas Ranger**
9.00 **FILM Patriots Day** Fact-based drama with Mark Wahlberg. (2016, 15, 133min) ★★★★
11.35 **FILM The Guest** Thriller with Dan Stevens. (2014, 15, 100min) ★★★★
1.35 AM **FILM Horror Express** Horror. (1972, 15) ★★★
3.20 **to 5.05** AM **FILM Stake Land II** Horror sequel. (2016, 15, 85min) ★★

Legend Xtra

317 171 69 138

6.00 AM **FILM Ape vs Monster** As 5.00pm.
8.00 **FILM Doomwatch** Ecological chiller. (1972, 12, 92min) ★★★
10.00 **Farscape** 1/22. (S3)
11.00 **FILM Eye of the Beast** Horror thriller starring James Van Der Beek. (2007, 15, 90min) ★★
1.00 PM **Delete** Sci-fi thriller.
3.00 **Farscape** 1/22. (S3)
4.00 **Star Trek** 23/26. (S2)
5.00 **FILM Ape vs Monster** Sci-fi fantasy adventure. (2021, 12, 88min) ★★
7.00 **Farscape** 2/22. (S3)
8.00 **Star Trek** 24/26. (S2)
9.00 **FILM Johnny Handsome** Thriller starring Mickey Rourke. (1989, 15, 94min) ★★★
10.55 **FILM The Most Dangerous Game** Thriller with Chris Tamburello. (2022, 15, 95min) ★★
1.00 **to 3.00** AM **FILM Johnny Handsome**

+1hour 318 371 139

Blaze

164 174 64 161

6.00 AM **Dickinson's Real...**
6.40 **Pawn Stars** Double bill.
7.30 **Container Wars**
7.55 **Storage Hunters**
8.55 **Hardcore Pawn**
10.15 **UFO Hunters**
11.10 **Conspiracy Files**
11.40 **National Park Mysteries**
12.10 PM **Weird Britain**
1.05 **When Big Things Go Wrong** A Boeing 777.
2.05 **Pawn Stars** Double bill.
3.05 **Storage Hunters**
4.00 **Ancient Aliens**
6.00 **UFO Hunters**
7.00 **Storage Hunters**
8.00 **Dickinson's Real Deal**
9.00 **A Cut Above**
10.00 **Blown Away**
11.00 **Court Cam** Double bill.
12.00 M'T **Encounter: UFO**
1.00 AM **UFO Hunters**
2.00 **Conspiracy Files**
2.30 **National Park Mysteries**
3.00 **Hardcore Pawn**
3.25 **Counting Cars**
4.10 **to 6.00** AM **Ancient Aliens**

5SELECT

153 138 46 133

9.00 AM **Scotland's Most Scenic Railway Journeys**
10.00 **Cornwall: Spring by the Sea** Caerhays Castle.
11.00 **Ben Fogle: New Lives in the Wild** Double bill.
1.00 PM **The Yorkshire Vet**
3.00 **Murder, She Wrote**
4.00 **Columbo**
6.00 **World's Most Scenic Railway Journeys**
7.00 **Ben Fogle: New Lives in the Wild** Ben heads to Tuscany to visit a British couple. **8.00** Ben experiences what it is like to be homeless in the wild.
9.00 **Battle of the Atlantic** A look at the threat from German U-boats.
10.00 **WWII Battles in Colour** The Blitzkrieg attack on Poland in 1939.
11.00 **Prisoner: Cell Block H**
1.00 AM **The Madame Blanc Mysteries** 2-4/6. (S3)
3.50 **to 4.00** AM **Entertainment News**

HGTV

158 191 44 149

7.00 AM **Building Alaska**
8.00 **A Place in the Sun**
10.00 **Escape to the Country**
12.00 NOON **My Lottery Dream Home**
2.00 PM **A Place in the Sun**
3.00 **Escape to the Country**
5.00 **A Place in the Sun**
8.00 **The Great Interior Design Challenge**
9.00 **Windy City Rehab** New edition Alison Victoria meets a couple who are very opinionated when it comes to their flat.
10.00 **NEW SERIES Bargain Block New Orleans** Keith Bynum and Evan Thomas expand their business to New Orleans.
11.00 **Flip or Flop** Double bill.
12.00 M'T **Good Bones**
1.00 AM **Building Alaska**
2.00 **Home Town**
3.00 **to 4.00** AM **My Lottery Dream Home**

+1hour 258/262 391

TLC

133/134 828 165

7.00 AM **Extreme Cheapskates**
8.00 **Flip or Flop**
9.00 **Say Yes to the Dress: Lancashire** Double bill.
11.00 **My 600lb Life**
12.00 NOON **Dr Pimple Popper** Medical series.
1.00 PM **7 Little Johnstons**
2.00 **Return to Amish**
3.00 **Little People, Big World**
5.00 **My 600lb Life**
6.00 **Dr Pimple Popper**
7.00 **Say Yes to the Dress**
8.00 **Dr Pimple Popper**
9.00 **The Bad Skin Clinic** Removing a tricky lipoma.
10.00 **My Feet Are Killing Me**
11.00 **Sex Sent Me to the ER**
12.00 M'T **Body Bizarre**
1.00 AM **Extreme Cheapskates**
2.00 **My Feet Are Killing Me**
3.00 **Sex Sent Me to the ER**
4.00 **Dr Pimple Popper**
5.00 **to 6.00** AM **Extreme Couponing**

+1hour 233/234 365

Comedy Central

112/113 812 132 345 360

8.00 AM **Most Ridiculous**
9.00 **Guessable?**
10.00 **Home Improvement**
12.00 NOON **Last Man Standing** 1&2/22. (S4)
1.00 PM **Friends** (S2)
7.00 **Friends** 13-16/24. (S2)
9.00 **FILM American Made** Fact-based comedy drama starring Tom Cruise and Domhnall Gleeson. A pilot is recruited to act as a courier for the CIA in the 1980s, while also trafficking cocaine. (2017, 15, 115min) ★★★
11.10 **Utopia** 1&2/8. (S2)
12.20 AM **Reno 911!** (S1)
1.20 **Whose Line Is It Anyway? USA**
2.20 **South Park** (S6)
3.15 **Teachers** (S3)
3.35 **The Daily Show** New edition Satirical talk show with Jon Stewart.
4.15 **to 5.00** AM **Friends**

+1hour 212/213 332

Comedy Cen. Extra

127/128 154

6.00 AM **Home Improvement**
7.00 **Teleshopping**
9.00 **Impractical Jokers**
10.00 **Becker** 16&17/24. (S3)
11.00 **Friends** 5-8/24. (S8)
1.00 PM **Criminally Funny**
2.30 **Impractical Jokers**
3.00 **Whose Line Is It Anyway? USA**
4.00 **Guessable?**
5.00 **Becker** 16&17/24. (S3)
6.00 **Home Improvement**
8.00 **Last Man Standing**
9.00 **New Girl** 11/24. Winston tries to impress a date. **9.30** 12/24. Schmidt asks Cece for advice. (S1)
10.00 **Friends** (S1&2)
1.00 AM **Ren & Stimpy Show**
2.00 **Key & Peele**
3.00 **Ugly Americans** (S1)
3.45 **Rob Beckett's Undeniable**
4.30 **Al Murray: And a Glass of White Wine for the Lady** Stand-up show.
5.15 **to 6.00** AM **Home Improvement**

Sky Replay

152 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Four Weddings**
10.00 **Nothing to Declare**
11.00 **Border Patrol**
12.00 NOON **DC's Legends of Tomorrow** (S1)
2.00 PM **Motorway Patrol**
3.00 **UK Border Force**
4.00 **Border Patrol**
5.00 **Sun, Sea and A&E**
6.00 **Highway Cops**
7.00 **The Ark** 9/12. Loyalties are put to the test. **8.00** 10/12. The crew are taken hostage. (S1)
9.00 **UK Border Force**
11.00 **Road Wars**
12.00 M'T **The Russell Howard Hour**
1.00 AM **A League of Their Own Road Trip: Southeast Asia**
2.00 **The Overlap on Tour**
3.00 **Duck Quacks Don't Echo** With Lorraine Kelly.
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

MTV

126/127 824 134

6.00 AM **16 and Pregnant**
7.10 **Teen Mom OG**
9.00 **Teen Mom 2**
11.00 **Catfish: The TV Show**
1.00 PM **Catfish: Teams**
2.00 **Catfish: The TV Show**
6.00 **Catfish: Teams**
7.00 **Teen Mom: The Next Chapter** The dads go on a guys-only ski trip.
8.00 **Help! I'm in a Secret Relationship!** Delon and Nikki reconnect.
9.00 **Holiday Love Cheats** The stories of holiday romances gone wrong.
10.00 **NEW SERIES Aussie Shore** Eleven fun-loving housemates enter a house in Cairns.
11.00 **MTV Cribs: Priciest Pads**
12.00 M'T **Ridiculousness** New edition Rob, Steelo and Carly Aquilino fail to go off the deep end.
12.30 AM **Ridiculousness**
1.00 **Ink Master** Double bill.
2.45 **Ex on the Beach**
3.35 **to 4.00** AM **Teen Cribs**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 823 177 320 325

6.00 AM **How It's Made: Dream Cars** Double bill of editions.
7.00 **Treehouse Masters**
9.00 **Kindig Customs**
11.00 **Wheeler Dealers**
1.00 PM **Alaska: Homestead Rescue** Double bill of editions.
3.00 **The Last Woodsmen**
5.00 **Deadliest Catch** Sean Dwyer joins Jake for a high-risk trek west to Adak Island.
6.00 **Wheeler Dealers** The boys are determined to mark the MGB's 60th anniversary by buying one and fixing it up.

9.00 Gold Rush

7.00 Salvage Hunters Drew examines unusual items at a beachside sale, including a collection of vintage skateboards.

8.00 Hoffman Family Gold Todd must deliver 300 ounces of gold in just seven weeks, so he needs to fix a huge wash plant.

9.00 Gold Rush New edition Parker investigates a forgotten section of Dominion Creek, and Rick expands his ambitions.

10.00 Harpoon Hunters New edition A change in weather forces a shift in strategy. Tyler scores three big fish, while Joe takes to the air.
11.00 **Mystery at Blind Frog Ranch** Duane explores new methods to find a dry entrance.
12.00 M'T **Mountain Monsters**
1.00 AM **Gold Rush** As 9.00pm.
2.00 **Harpoon Hunters**
3.00 **Texas Metal** A 1996 Impala.
4.00 **to 5.00** AM **Moonshiners**

+1 hour 225/226 377

Animal Planet

162/175 178

8.00 AM **Tanked**
9.00 **Pit Bulls & Parolees**
10.00 **My Cat from Hell**
11.00 **Animal Cops Philadelphia**
12.00 NOON **Tanked**
1.00 PM **How Do Animals Do That?** Double bill of editions.
2.00 **Monster Croc Invasion**
3.00 **Saba and the Rhino's Secret**
4.00 **My Cat from Hell**
5.00 **Lone Star Law** Wardens investigate the illegal shooting of two deer.
6.00 **Tanked** A saltwater aquarium for singer Keyshia Cole.

8.00 The Zoo

7.00 Pit Bulls & Parolees Tia and the crew face their toughest mission yet, racing against the clock to save a group of dogs.

8.00 The Zoo Ivy the babirusa is expecting for the first time, a camel has a tooth issue, and a keeper bonds with a penguin chick.

9.00 The Zoo A young silvery langur falls ill and must be nursed back to health, while two giraffes are paired for breeding.

10.00 Edge of Alaska Neil breaks through to the Mother Lode mine, and Jenny goes on a solo bear hunt of her own.
11.00 **Fish or Die** The anglers investigate a myth of Atlantic salmon occupying a lone river. **12.00** M'T The guys look for a ferocious salmon in Mongolia.
1.00 AM **Edge of Alaska**
2.00 **My Cat from Hell**
3.00 **Lone Star Law**
4.00 **to 5.00** AM **Tanked**

+1 hour 262/275 378

Nat Geographic

129/130 825 183

8.00 AM **Food Factory**
9.00 **Air Crash Investigation: Special Report**
10.00 **Erased: WWII Heroes of Colour** Documentary.
11.00 **Rocky Mountain Railroad**
12.00 NOON **Car S.O.S**
2.00 PM **Air Crash Investigation**
3.00 **Drain the Oceans**
4.00 **Nazi Megastructures**
5.00 **Car S.O.S** Fuzz Townshend and Tim Shaw secretly restore a Volkswagen Beetle.
6.00 **Lost Treasures of Egypt** The secrets of Tutankhamen.

10.00 WWII: Secrets from Above

7.00 Air Crash Investigation A plane vanishes over the English Channel, but questions are raised when the wreckage is found.

8.00 Nazi Megastructures The events of 1944, when the Japanese turned to killer planes, rocket bombs and super torpedoes.

9.00 Hitler's Death Squad The story of the Nazi soldiers that were charged with carrying out Hitler's plans for genocide.

10.00 World War II: Secrets from Above In autumn 1942, German and Italian forces threaten British-controlled Egypt.
11.00 **Air Crash Investigation**
1.00 AM **UFOs: Investigating the Unknown** A psychiatrist tries to validate stories of abduction.
2.00 **Made in a Day**
2.30 **Lords of War** Double bill.
3.20 **Food Factory**
4.10 **to 5.00** AM **Secrets of the Zoo: Keeper Tales**

+1 hour 229/230 383

Sky History

123/124 821 131 353 368

6.00 AM **American Pickers**
6.50 **Digging for Britain**
7.45 **Rust Valley Restorers**
8.45 **Forged in Fire**
9.35 **Auction Kings**
10.05 **Storage Wars**
12.00 NOON **Mountain Men**
1.00 PM **Rust Valley Restorers**
2.00 **History's Greatest Aircraft**
4.00 **Curse of the Ancients**
5.00 **Pawn Stars** An early handheld video game system.
6.00 **American Pickers** A Maryland car enthusiast reveals his late father's huge collection.

9.00 Egypt's Cosmic Code

7.00 Forged in Fire Four bladesmiths battle it out to recreate one of Japan's deadliest swords – the Nagamaki.

8.00 Digging for Britain Alice Roberts visits more archaeological digs, including a monument older than Stonehenge.

9.00 NEW SERIES Bradley Walsh: Egypt's Cosmic Code *Written in the Stars:* 1/3. *See feature, page 20.*
■ Entire series on Box Sets

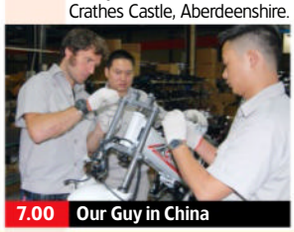
10.00 Truthseekers New edition The life and times of King Ramses II, who oversaw the construction of many monuments.
11.10 **The Proof Is Out There** New edition A remarkable sighting of the skunk ape.
12.10 AM **Paranormal: Caught on Camera**
1.10 **Rust Valley Restorers**
2.10 **Ancient Aliens**
3.05 **Tales from Oak Island**
4.00 **to 6.00** AM **Storage Wars**

+1 hour 223/224 331

U&Yesterday

155 846 129 27 159

6.10 AM **Antiques Roadshow**
8.00 **World War Weird**
9.00 **WW2: Frontlines**
10.00 **Secrets of the London Underground** Double bill.
12.00 NOON **The Americas with Simon Reeve** As 12.00m't.
1.00 PM **Antiques Roadshow**
2.00 **Bangers & Cash** Double bill.
4.00 **World War Weird**
5.00 **Nazi Murder Mysteries** The most unusual cases connected with the regime's bloody reign.
6.00 **Antiques Roadshow** From Crathes Castle, Aberdeenshire.


7.00 Our Guy in China

7.00 Our Guy in China Guy Martin examines China's history of technological development, innovation and manufacturing.

8.00 Bangers & Cash: Restoring Classics Derek believes a 29,000-mile Ford Capri should be kept original.

9.00 Bangers & Cash Derek collects a Triumph TR8 from Kirkby Stephen East Railway Station, with a free engine ride thrown in.

10.00 Bangers & Cash Derek is reunited with a 1957 Ford 100E Estate, while Dave is on the trail for a 1970s Mk1 twin cam.
11.00 **Find It, Fix It, Flog It** Henry tries to get to grips with an old Ford Escort.
12.00 M'T **The Americas with Simon Reeve** The explorer travels the length of North and South America.
1.00 **to 3.00** AM **Antiques Roadshow**

+1 hour 255 329

Tuesday

7 PM
8 PM
9 PM
10 PM

Quest

144 834 137 12 150 144

6.00 AM **Junkyard Empire**
8.00 **American Pickers**
9.00 **Aussie Gold Hunters**
12.00 NOON **The Repair Shop**
3.00 PM **Shed and Buried**
4.00 **Find It, Fix It, Flog It**
6.00 **The Repair Shop**
8.00 **Shed and Buried: Classic Cars** The boys visit Fuzz Townshend's friend Alex and his Rover collection.
9.00 **Vinnie Jones in the Country** New edition Vinnie passes his passion for the countryside to the next generation.
10.00 **Meet the Rees-Moggs** New edition Jacob loses his job, plans a family trip and faces an uncertain future.
11.00 **How Do They Do It?**
1.00 AM **Junkyard Empire**
3.00 **Find It, Fix It, Flog It**
4.00 **to 5.00** AM **How It's Made**

+1 hr 244 337 70 151

Quest Red

149 168 40 146

6.00 AM **Say Yes... UK**
7.00 **Curvy Brides Boutique**
8.00 **Say Yes... Atlanta**
9.00 **Say Yes to the Dress**
11.00 **Forensic Detectives**
12.00 NOON **Married with Secrets** Documentary.
1.00 PM **The Perfect Murder**
2.00 **Murder on CCTV**
3.00 **Judge Rinder's Crime Stories** Kenneth Noye.
4.00 **American Monster**
6.00 **People Magazine Investigates**
7.00 **A Killer's Mistake**
8.00 **Murder on CCTV**
9.00 **Body Cam** New edition When a retiree is found shot dead, investigators unravel a bizarre plot.
10.00 **Web of Lies**
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** Melisa Augustson.
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 152

True Crime

146 148 67 135

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Murder by the Sea** The case of Charlotte Pinkey.
8.00 **Secrets of a Murder Detective** Steve Keogh discusses a murder investigation with no body and a love triangle.
9.00 **Fatal Attraction** New edition A mother-of-three is found dead in her bedroom.
10.00 **A Secret to Die For** Series finale Henry Stange's life is altered after a serious motorcycle accident.
11.00 **Handsome Devils** Rachel Entwistle's Prince Charming is hiding a secret life.
12.00 M'T **Nightmare Next Door** Documentary.
1.00 AM **Fatal Attraction**
2.00 **A Secret to Die For**
3.00 **Murder in Paradise**
4.00 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 172 68 134

9.00 AM **A Stranger in My Home** Double bill.
11.00 **Medical Detectives**
2.00 PM **A Stranger in My Home** A man goes missing and his home reveals a bloody secret. **3.00** A new girl comes between two friends.
4.00 **Medical Detectives** A woman appeals against a murder conviction. **4.30** A police officer is found dead in his bed. **5.00** A murderer sends his victim's family her last will and testament. **5.30** A blood sample helps an investigation. **6.00** A discarded sleeping bag contains traces of a murder. **6.30** Evidence provided by a sweet wrapper.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 820 121 349 364

6.00 AM **Highway Cops**
7.00 **Stop, Search, Seize**
8.00 **Road Wars**
9.00 **Brit Cops: Rapid Response** Documentary.
10.00 **The Force: Manchester**
11.00 **Catching the Killer**
12.00 NOON **How I Caught the Killer** Maleha Masud.
1.00 PM **The Real Manhunter**
2.00 **Made for Murder**
3.00 **World's Most Evil Killers**
4.00 **Britain's Most Evil Killers** Nicholas Burton.
5.00 **Catching the Killer**
6.00 **How I Caught the Killer**
7.00 **World's Most Evil Killers**
8.00 **Britain's Most Evil Killers** Graham McGill.
9.00 **Made for Murder**
10.55 **Catching the Killer**
11.50 **World's Most Evil Killers**
12.50 AM **How I Caught the...**
1.55 **Snapped** Double bill.
4.00 **Send in the Dogs**
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 222/223 321

PBS America

173 187 84 155

8.00 AM **America the...**
8.35 **Mafia's Greatest Hits**
9.40 **Living in the Shadow of World War Two**
10.55 **Spy Ops** As 8.45pm.
11.55 **The Hunger: The Story of the Irish Famine**
1.00 PM **America the...**
1.35 **Mafia's Greatest Hits**
2.40 **Living in the Shadow of World War Two**
3.50 **Spy Ops** As 8.45pm.
4.50 **America the Bountiful**
5.20 **The Hunger: The Story of the Irish Famine**
6.25 **Mafia's Greatest Hits**
7.35 **Living in the Shadow of World War Two**
8.45 **NEW SERIES Spy Ops** Documentary about intelligence operatives from MI6 and the CIA.
9.40 **The Hunger: The Story of the Irish Famine**
10.50 **Living in the Shadow of World War Two**
12.00 M'T **Spy Ops**
1.00 **to 2.00** AM **America the Bountiful**

SKY HD SD VIRGIN HD FREEVIEW HD FREESAT HD EE HD

Sky Documentaries

121/122 819 188 352 367

6.00 AM **Rolling Stone: Stories from the Edge**
7.00 **Discovering: Gary Oldman**
8.00 **The Directors**
9.00 **The Vietnam War**
10.00 **Kings from Queens: The Run DMC Story**
10.55 **Hostages** 2/4. Documentary.
12.00 NOON **The Invisible Pilot**
3.05 PM **Urban Secrets**
4.00 **The Directors**
5.00 **Discovering: Gary Oldman**
6.00 **The Vietnam War**
7.00 **Kings from Queens: The Run DMC Story** 1/3. The story of the pioneering hip-hop group. **8.00** 2/3. The group's fame grows exponentially.
9.00 FILM **Amy** Asif Kapadia's documentary portrait of singer-songwriter Amy Winehouse. (2015, 15, 128min) ★★★★
11.30 **The Crime of the Century** 1&2/2. Documentary by film-maker Alex Gibney.
3.30 AM **Striking with Pride: United at the Coalface**
5.00 **to 6.00** AM **Discovering: Gary Oldman**

Sky Nature

124/125 822 189 354 369

6.00 AM **Ol Pejeta Diaries**
7.00 **Monkey Life**
8.00 **Secrets of Wild Australia**
9.00 **Dawn to Dusk**
10.00 **Wildlife Icons**
11.00 **Animals Like Us**
12.00 NOON **Islands**
1.00 PM **Monkey Life**
2.00 **Secrets of Wild Australia**
3.00 **Dawn to Dusk**
4.00 **Wildlife Icons**
5.00 **Deep Dive Australia**
6.00 **Islands** K'gari in Queensland.
7.00 **Monkey Life** Double bill.
8.00 **David Attenborough's Wild City** Exploring Singapore's islands, which have a host of remarkable creatures.
9.00 **Cub Camp** Documentary.
10.00 **Islands** K'gari in Queensland.
11.00 **Deep Dive Australia**
12.00 M'T **Animals Like Us**
1.00 AM **Into the Wild: India**
2.00 **David Attenborough's Wild City** As 8.00pm.
3.00 **Cub Camp** As 9.00pm.
4.00 **Secrets of Wild Australia**
5.00 **to 6.00** AM **Dawn to Dusk**

Sky History 2

163/168 840 186

6.00 AM **Ancient Aliens**
8.00 **History's Greatest Mysteries**
9.00 **Weeks of War**
10.00 **What on Earth?**
11.00 **Ancient Aliens**
1.00 PM **Digging Up Britain's Past**
2.00 **Digging for Britain**
3.00 **Lost Worlds**
4.00 **Weeks of War**
5.00 **The Proof Is Out There**
6.00 **What on Earth?**
7.00 **Ancient Aliens: The Ultimate Evidence** Whether Earth's stone monoliths were built with extra terrestrial help.
8.00 **Ancient Superstructures** The story behind the breath-taking temple complex Angkor Wat. **9.05** A look at the church of Hagia Sophia in Istanbul.
10.10 **History's Greatest Mysteries**
11.10 **The Secret Nazi Expeditions**
12.10 AM **Ancient Aliens**
2.00 **Digging for Britain**
3.00 **Digging Up Britain's Past**
4.00 **Ancient Aliens: The Ultimate Evidence** As 7.00pm.
5.00 **to 6.00** AM **The Proof Is Out There**

Crime+Investigation

156 837 133

6.00 AM **Homicide: Hours to Kill**
7.00 **Homicide Hunter**
8.00 **The First 48**
9.00 **Meet, Marry, Murder**
10.00 **Hometown Tragedy**
11.00 **An Hour to Kill**
12.00 NOON **Buried in the Backyard**
1.00 PM **Somebody's Hiding...**
2.00 **Secrets of the Morgue**
3.00 **Robbie Coltrane's Critical Evidence**
4.00 **Meet, Marry, Murder**
5.00 **On the Case with Paula Zahn**
6.00 **After the First 48**
7.00 **The First 48**
8.00 **Hometown Tragedy** New editions Double bill.
9.00 **TikTok Star Murders** Examining the fatal relationship between Ali and Ana Abulaban.
11.00 **Tell Me How I Died**
12.00 M'T **Very Scary People**
2.00 AM **Hometown Tragedy**
3.00 **Britain's Darkest Taboos**
4.00 **Somebody's Hiding Something**
5.00 **to 6.00** AM **On the Case with Paula Zahn**

+1 hour 256 333

WILD

165 841 182

8.00 AM **Secrets of the Zoo**
9.00 **World's Deadliest**
10.00 **Africa's Hunters**
11.00 **Africa's Deadliest**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Wild Cats of India**
4.00 **Secrets of the Zoo**
5.00 **The Incredible Dr Pol**
6.00 **Snakes in the City**
7.00 **Secrets of the Zoo** A tiny loris and beloved iguana present strange mystery illnesses.
8.00 **Something Bit Me** A surfer and a trail runner face off with two highly evolved creatures.
9.00 **Katavi: Africa's Fallen Paradise** The impact of extreme weather on Tanzania's Katavi National Park.
10.00 **Alaska: The Next Generation** Alaskans test their bush skills.
11.00 **Ice Road Rescue**
12.00 M'T **Monster Fish**
1.00 AM **Lawless Island**
2.00 **Fish Tank Kings**
3.00 **Secrets of the Zoo**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 181

7.00 AM **Scandals of Ancient Egypt** As 8.00pm.
8.00 **Extreme Engineering**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **Expedition Unknown**
2.00 PM **NASA's Unexplained Files**
3.00 **How the Universe Works**
4.00 **Treasure Quest: Snake Island**
5.00 **Mysteries at the Museum**
7.00 **Contact Project** Paul and Kawa head to Argentina to investigate a possible UFO crash site.
8.00 **Scandals of Ancient Egypt** An insight into the problems that plagued the ancient civilisation, including murders, drugs and military mistakes.
9.00 **Salvage Hunters: Classic Cars** Drew and Paul visit Berkshire to view a Volvo 850R Estate.
10.00 **Shed and Buried**
11.00 **Blowing Up History**
1.00 AM **How the Universe Works**
2.00 **NASA's Unexplained Files**
3.00 **to 5.00** AM **Expedition Unknown**

+1 hour 274 381

U&Eden

166 176 57 160

9.00 AM **Inside the Ambulance**
1.00 PM **Inside the Ambulance**
5.00 **The Bill** *Obsessions:* Martella is called to a solicitor's house. **5.30** *Small Hours:* The relief are experiencing a typically dull nightshift – however, things soon take a turn. **6.00** *Victims:* DC Lines investigates the assault of a primary school teacher. **6.30** *Somebody's Husband:* CID launch an operation to catch the man responsible for attacking several women.
7.00 **Top of the Pops** Triple bill.
9.00 **The Brokenwood Mysteries** *Tontine:* 3/4. A cyclist suffers a massive coronary at the top of a local mountain, but with astronomical levels of caffeine in his system, there is more to his death than meets the eye. (S5)
11.00 **The Bill** Four episodes.
1.10 AM **Top of the Pops**
3.05 **The Brokenwood Mysteries**
4.40 **Inside the Ambulance**
5.30 **to 6.00** AM **The Bill**

+1 hour 266 376

ID

154 166

8.00 AM **The 1990s: The Deadliest Decade** Focusing on the case of Doris Angleton, who was shot dead in her home.
9.00 **Caught in the Net**
11.00 **American Monster**
1.00 PM **Disappeared**
3.00 **Reasonable Doubt**
5.00 **American Detective with Lt Joe Kenda** Double bill.
7.00 **Faking It: Tears of a Crime** Experts analyse a man's deception following the 2017 Manchester Arena terror attack. **8.00** The case of TV weatherman Fred Talbot.
9.00 **Signs of a Psychopath** A former escort hires a hitman to kill her husband. **9.30** A man's obsession with a web-cam model leads to murder.
10.00 **Evil Lives Here**
11.00 **Married to Evil**
12.00 M'T **Deadliest Mums & Dads**
2.00 AM **American Detective with Lt Joe Kenda** Double bill.
4.00 **to 6.00** AM **Faking It: Tears of a Crime**

+1 hour 254 366

Discovery Turbo

161/172 180

6.00 AM **Extreme RVs**
7.00 **Kindig Customs**
8.00 **Mega Shippers**
9.00 **Salvage Hunters: Classic Cars**
10.00 **Motor Pickers**
11.00 **Shed and Buried**
12.00 NOON **Shed and Buried: Classic Cars** Henry and Fuzz admire a Morris Minor collection.
1.00 PM **Junkyard Empire**
2.00 **Wheeler Dealers**
3.00 **Salvage Hunters: Classic Cars**
4.00 **Richard Hammond's Workshop**
6.00 **Salvage Hunters: Classic Cars**
7.00 **Shed and Buried**
8.00 **Richard Hammond's Workshop** Richard redesigns his horsebox into an RV.
9.00 **Iron Resurrection**
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 M'T **Richard Hammond's...**
1.00 AM **Shed and Buried: Classic...**
2.00 **Iron Resurrection**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **Speed Is the New Black**

+1 hour 261/272

Films

Sky Cinema Premiere

301 401 501 515

6.00 AM **Rob Peace** Drama. (2024, 15, 120min) ★★★
8.00 **Thelma** Action comedy. (2024, 12, 98min) ★★★★
9.45 **Fight or Flight** As 4.25pm.
11.35 **Horizon: An American Saga...**
2.45 PM **Harold and the Purple Crayon** Family adventure. (2024, PG, 87min) ★★★
4.25 **Fight or Flight** Action thriller. (2025, 15, 98min) ★★★
6.20 **AfrAid** Sci-fi horror with John Cho. (2024, 15, 84min) ★★

8.00 Horizon: An American...

8.00 Horizon: An American Saga – Chapter 1 Western directed by and starring Kevin Costner. Families discover the lure of the Old West as they settle in territories from Wyoming to Kansas during the 19th century. Meanwhile, a seasoned cowboy goes on the run with a prostitute and a young boy after killing a fellow gunman. With Sam Worthington, Sienna Miller, Owen Crow Shoe and Tatanka Means. (2024, 15, 181min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.10 **Skincare** Dark comedy thriller starring Elizabeth Banks. (2024, 18, 86min) ★★★
12.55 AM **The Good Half** Comedy drama starring Nick Jonas. (2023, 15, 96min) ★★★
2.35 **MaXXXine** Horror thriller. (2024, 18, 103min) ★★★
4.25 **to 6.10** AM **The Watched** Horror. (2024, 15, 102min) ★★

Sky Cinema Hits

303 403 503 517

6.15 AM **Sky Cinema Preview**
7.00 **Arthur's Whisky** Comedy. (2023, PG, 91min) ★★★
8.50 **The Beekeeper** Thriller. (2023, 15, 105min) ★★★
10.50 **The Da Vinci Code** Thriller. (2006, 12, 149min) ★★★
1.20 PM **Angels & Demons** Thriller. (2009, 12, 138min) ★★
3.40 **Inferno** Thriller starring Tom Hanks. (2016, 12, 121min) ★★★
5.45 **The Terminal** Comedy drama. (2004, 12, 129min) ★★★★

10.10 Valentine's Day

8.00 The King's Speech Oscar-winning royal drama starring Colin Firth, Geoffrey Rush and Helena Bonham Carter. An unconventional speech therapist is the future George VI's last hope to cure his crippling stammer. (2010, 12, 118min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 Valentine's Day Romantic comedy about the intersecting paths of a series of LA couples on 14 February, with Ashton Kutcher, Jennifer Garner, Anne Hathaway, Julia Roberts and Jessica Biel. (2010, 12, 125min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.30 AM **Arcadian** Horror thriller. (2024, 15, 92min) ★★★★
2.10 **John Wick** Action thriller. (2014, 15, 101min) ★★★★
3.55 **to 6.00** AM **John Wick: Chapter 2** Thriller sequel. (2017, 15, 122min) ★★★★

Sky Cinema Drama

310 410 510 524

7.20 AM **The Danish Girl** Period drama. (2015, 15, 117min) ★★★
9.30 **The Colour Room** Drama. (2021, PG, 109min) ★★★★
11.35 **The Great Escaper** Drama. (2023, 12, 96min) ★★★★
1.20 PM **Chicago** Musical. (2002, 12, 112min) ★★★★
3.25 **Meet Joe Black** Supernatural romantic drama starring Brad Pitt. (1998, 12, 181min) ★★★★
6.30 **Rurangi** Drama starring Elz Carrad and Arlo Green. (2020, 15, 87min) ★★★★
8.00 **One Life** Fact-based drama starring Anthony Hopkins and Johnny Flynn. Months before World War Two, a London stockbroker attempts to rescue hundreds of children from Nazi-occupied Czechoslovakia. (2023, 12, 105min) ★★★★
10.00 **North Hollywood** Comedy drama with Ryder McLaughlin. (2021, 15, 93min) ★★★
11.40 **Ordinary Angels** Drama. (2024, 12, 113min) ★★★★
1.50 AM **Soft & Quiet** Thriller. (2022, 18, 92min) ★★★★
3.30 **The Breakfast Club** John Hughes' comedy drama. (1984, 15, 97min) ★★★★★
5.20 **to 8.25** AM **Meet Joe Black**

Sky Cinema Sci-fi/Horror

311 411 511 525

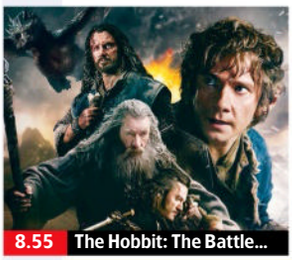
6.10 AM **47 Metres Down** (2017)
7.50 **The Pact** As shown at 2.10am.
9.30 **Interstellar** Sci-fi drama. (2014, 12, 166min) ★★★★
12.25 PM **Zombieland** Horror comedy. (2009, 15, 84min) ★★★★
2.00 **Gravity** Space thriller. (2013, 12, 91min) ★★★★★
3.45 **Resident Evil: Afterlife** Sci-fi horror thriller sequel. (2010, 15, 96min) ★★★
5.35 **Ready Player One** Adventure. (2018, 12, 140min) ★★★★
8.00 **Minority Report** Steven Spielberg's sci-fi thriller starring Tom Cruise. In Washington in 2054, the authorities prevent potential murders thanks to the visions of three psychics. Then the chief of the Pre-Crime unit becomes a suspect himself. (2002, 12, 145min) ★★★★
10.35 **Next Exit** Sci-fi comedy starring Katie Parker and Rahul Kohli. (2022, 15, 106min) ★★★
12.30 AM **47 Metres Down** Horror. (2017, 15, 89min) ★★★
2.10 **The Pact** Mystery thriller. (2012, 15, 85min) ★★★
3.50 **Dashcam** Horror starring Annie Hardy. (2021, 18, 80min) ★★★
5.20 **to 6.55** AM **The Harbinger** Horror. (2022, 15, 87min) ★★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 406 506 520

7.15 AM **The Hobbit: An Unexpected Journey** (2012)
10.05 **The Hobbit: The Desolation of Smaug** As 6.10pm.
12.50 PM **The Hobbit: The Battle of the Five Armies** (2014)
3.20 **The Hobbit: An Unexpected Journey** As 11.25pm.
6.10 **The Hobbit: The Desolation of Smaug** Peter Jackson's fantasy adventure with Martin Freeman and Ian McKellen. (2013, 12, 161min) ★★★★


8.55 The Hobbit: The Battle...

8.55 The Hobbit: The Battle of the Five Armies Peter Jackson's epic fantasy adventure, the concluding part of his adaptation of JRR Tolkien's children's novel. Dwarf king Thorin descends into madness as his homeland stands on the brink of war. Stars Martin Freeman, Richard Armitage, Ian McKellen, Luke Evans and Orlando Bloom. (2014, 12, 144min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.25 **The Hobbit: An Unexpected Journey** Peter Jackson's epic fantasy adventure based on JRR Tolkien's children's novel, starring Martin Freeman. Bilbo Baggins joins a company of dwarves on a perilous quest to reclaim their lost kingdom. (2012, 12, 165min) ★★★
2.20 AM **The Hobbit: The Desolation of Smaug**
5.10 **to 7.45** AM **The Hobbit: The Battle of the Five Armies**

Sky Cinema Action

307 407 507 521

6.15 AM **High Heat** As 12.20am.
7.45 **The Mummy Returns** Adventure. (2001, 12) ★★★★
10.00 **Knights of the Zodiac** Fantasy. (2023, 12, 112min) ★★
12.00 NOON **Snow White and the Huntsman** (2012, 12) ★★★
2.10 PM **Pompeii** Disaster drama. (2014, 12, 104min) ★★
4.00 **Hounds of War** Action thriller. (2024, 15, 95min) ★★★
5.40 **The Amazing Spider-Man** Fantasy. (2012, 12) ★★★

4.00 Hounds of War

8.00 The Amazing Spider-Man 2 Fantasy adventure sequel starring Andrew Garfield and Emma Stone. The superhero battles a foe with electrical powers, while an old friend presents an even greater threat. With Jamie Foxx, Colm Feore and Dane DeHaan. (2014, 12, 142min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.25 **The Legend of Tarzan** Adventure starring Alexander Skarsgård. Years after leaving his old home behind, Tarzan is lured back to Africa. (2016, 12, 110min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.20 AM **High Heat** Action comedy. (2022, 15, 84min) ★★★
1.50 **The Killer** Action thriller. (2024, 15, 126min) ★★★★
4.00 **King of Killers** Action thriller. (2023, 15, 92min) ★
5.35 **to 7.15** AM **The Old Way** Western. (2023, 15, 95min) ★★

Sky Cinema Comedy

308 408 508 522

7.05 AM **Sasquatch Sunset** (2024)
8.40 **Knocked Up** Comedy. (2007, 15, 129min) ★★★★
10.55 **The Accidental Husband**
12.35 PM **Click** Fantasy comedy. (2006, 12, 103min) ★★★★
2.30 **The Men Who Stare at Goats** Offbeat comedy. (2009, 15, 89min) ★★★
4.10 **Crazy Rich Asians** Comedy. (2018, 12, 120min) ★★★★
6.15 **The Invention of Lying** Comedy. (2009, 12) ★★★★

6.15 The Invention of Lying

8.00 Mamma Mia! Here We Go Again ABBA-themed musical sequel starring Amanda Seyfried and Lily James. The reopening of the Hotel Bella Donna leads to a reunion for Sophie's family. With Pierce Brosnan and Cher. (2018, PG, 114min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 Relax, I'm from the Future Sci-fi comedy with Rhys Darby. A man from the future, now trapped in the past, tries to make a life for himself. (2023, 15, 94min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **The Accidental Husband** Comedy. (2008, 12, 86min) ★
1.15 AM **Sasquatch Sunset** Comedy. (2024, 15) ★★★★
2.50 **The Big Lebowski** Offbeat comedy thriller. (1998, 18, 117min) ★★★★★
4.50 **to 6.50** AM **Everybody Wants Some!!** Comedy. (2016, 15, 117min) ★★★★

Sky Cinema Thriller

309 409 509 523

6.35 AM **The Bourne Legacy** Espionage thriller sequel. (2012, 12, 129min) ★★★
9.05 **The Accountant** Thriller. (2016, 15, 123min) ★★★
11.20 **Kindred** Horror thriller. (2021, 15, 101min) ★★★
1.15 PM **Ocean's Eleven** Thriller. (2001, 12, 116min) ★★★★
3.25 **Jason Bourne** Action thriller. (2016, 12, 123min) ★★★
5.35 **Public Enemies** Biopic. (2009, 15, 140min) ★★★★

5.35 Public Enemies

8.00 Ocean's Twelve Caper thriller sequel starring George Clooney, Brad Pitt and Matt Damon. Charismatic thief Danny Ocean and his gang find themselves competing with an enigmatic French criminal when they attempt to steal $160million in Europe. (2004, 12, 125min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.20 Against All Odds Thriller starring Jeff Bridges, Rachel Ward and James Woods. An unemployed American football player is hired by a sleazy bookmaker to track down his missing girlfriend. (1984, 18, 116min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.35 AM **American Star** Thriller. (2023, 15, 107min) ★★★★
2.30 **Blackhat** Crime drama. (2015, 15, 128min) ★★★★
4.55 **to 6.35** AM **The Best Man** Thriller. (2023, 15, 93min) ★★

Film4

313 855 428 14 300

■ **Films start at 11.00am**
11.00 AM **The Mouse That Roared** Vintage satirical comedy. (1959, U, 85min) ★★★★
12.45 PM **A Town Like Alice** War drama. (1956, b/w, PG) ★★★★
3.00 **The Nevadan** Western. (1949, U, 81min) ★★★
4.40 **An Affair to Remember** Melodrama starring Deborah Kerr. (1957, U, 115min) ★★★★
6.55 **Dante's Peak** Disaster movie. (1997, 12, 108min) ★★★

9.00 Vengeance

Dante's Peak (film started at 6.55pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9.00 Vengeance Mystery drama written, directed by and starring BJ Novak. A writer attempts to solve the murder of a young woman he hooked up with. With Ashton Kutcher and Lio Tipton. (2022, 15, 107min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM

11.15 **Hear My Song** Romantic fantasy with Ned Beatty, Adrian Dunbar and Tara Fitzgerald. The manager of a Liverpool nightclub tries to track down Irish tenor Josef Locke. (1991, 15, 105min) ★★★★
1.25 **to 3.50** AM **Battle of the Sexes** Fact-based comedy drama starring Emma Stone. (2017, 12, 121min) ★★★★

11 PM

+1hour 314 430 47 301

Sky Cinema Originals

302 402 502 516

6.30 AM **The Secret Garden** Drama. (2020, PG, 99min) ★★★★
8.15 **Bonus Track** Music comedy. (2023, 12, 98min) ★★★
10.00 **May December** As 3.50am.
12.10 PM **Mass** As shown at 1.50am.
2.10 **Extremely Wicked, Shockingly Evil and Vile** Biopic starring Zac Efron. (2019, 15, 110min) ★★★★
4.10 **The Radleys** Horror comedy. (2024, 15, 115min) ★★★

6.10 **The Hurricane Heist** Action thriller starring Toby Kebbell. (2018, 12, 103min) ★
8.00 **Fight or Flight** Action thriller starring Josh Hartnett. A mercenary is assigned a target on a flight, but when rival assassins board the plane, the hunter and the hunted team up. (2025, 15, 98min) ★★★
9.50 **SAS: Red Notice** Action thriller based on the novel by Andy McNab, starring Sam Heughan. (2021, 15, 90min) ★★★

12.00 M'T **Daddio** Drama starring Dakota Johnson and Sean Penn. (2023, 15, 101min) ★★★★
1.50 AM **Mass** Fran Kranz' drama. (2021, 12, 111min) ★★★★★
3.50 **to 6.00** AM **May December** Drama starring Natalie Portman. (2023, 15, 117min) ★★★★

Sky Cinema Classics

304 404 504 518

6.20 AM **The Sugarland Express** Steven Spielberg's comedy drama. (1974, PG, 110min) ★★★
8.25 **The Man Who Shot Liberty...**
10.40 **The Shawshank Redemption** Prison drama starring Tim Robbins and Morgan Freeman. (1994, 15, 142min) ★★★★★
1.05 PM **Schindler's List** Steven Spielberg's historical drama. (1993, 15, 195min) ★★★★★

4.20 **Robin Hood: Prince of Thieves** Fantasy adventure starring Kevin Costner. (1991, PG, 138min) ★★
6.45 **Last Action Hero** Action fantasy starring Arnold Schwarzenegger. (1993, 15, 130min) ★★★
9.00 **Bad Boys** Action comedy with Martin Lawrence and Will Smith. A bachelor cop and his married partner have to switch identities in their pursuit of heroin thieves. (1995, 15, 118min) ★★★
11.00 **Enter the Dragon** Thriller. (1973, 18, 97min) ★★★★

12.45 AM **The Exorcist** Occult horror. (1973, 18, 121min) ★★★★★
2.50 **High Noon** Classic Western. (1952, b/w, U, 85min) ★★★★★
4.20 **to 6.35** AM **The Man Who Shot Liberty Valance** Classic John Ford Western. (1962, b/w, U, 122min) ★★★★★

Sky Cinema Animation

305 412 500 514

7.00 AM **Lego DC Comics Super Heroes: The Flash** As 1.40am.
8.30 **Sing** Animated musical comedy. (2016, U, 108min) ★★★
10.30 **The Lego Movie 2: The Second Part** Animated comedy sequel. (2019, U, 107min) ★★★★
12.20 PM **Happy Feet** Animation. (2006, U, 108min) ★★★★
2.10 **Happy Feet Two** Animated sequel. (2011, U, 100min) ★★★

4.00 **Madagascar** Animated comedy. (2005, U, 86min) ★★★
5.40 **Migration** Animated comedy. (2023, U, 83min) ★★★
7.15 **Teenage Mutant Ninja Turtles: Mutant Mayhem** Animation. (2023, PG, 99min) ★★★★
9.05 **Batman: Return of the Caped Crusaders** Animated adventure. (2016, PG, 78min) ★★★★
10.35 **Little Vampire** Animation. (2020, PG, 85min) ★★★
12.05 AM **Under the Boardwalk** Animation. (2023, PG) ★★★

1.40 **Lego DC Comics Super Heroes: The Flash** (2018, U) ★★★
3.10 **The Swan Princess: The Secret of the Castle** (1997, U) ★★
4.30 **Fox and Hare Save the Forest** Animation. (2024, U) ★★★
5.50 **to 7.50** AM **Deep Sea** Animation. (2023, PG) ★★★

Movies 24

312 419

7.00 AM **An American In Austen** Comedy. (2024, PG, 84min) ★★
9.00 **My Dreams of You** Romantic drama. (2024, PG, 90min) ★★
11.00 **Blind Date Book Club** Drama. (2024, PG, 90min) ★★
1.00 PM **When Love Springs** Comedy. (2023, PG, 84min) ★★
3.00 **The Love Subscription** Romantic comedy drama. (2023, PG, 86min) ★★

5.00 **Love's Greek to Me** Romantic drama. (2023, PG, 90min) ★★
7.00 **Fashionably in Love** Romantic comedy starring Celeste Desjardins and Andrew Bushell. (2023, PG, 87min) ★★
9.00 **Planning for Joy** Romantic comedy drama starring Chelsey Reist and Marc Trottier. A woman promoting her company's new product turns to a TV presenter for help in mastering public appearances. (2022, PG, 86min) ★★

11.00 **Falling Together** Drama. (2024, U, 90min) ★★
1.00 AM **Spring Breakthrough** Drama. (2023, PG, 90min) ★★
3.00 **to 5.00** AM **Stepping into Love** Drama. (2023, PG, 82min) ★★

Movies 24+ 315 420

Talking Pictures

328 445 82 306

6.00 AM **Hangman's Wharf** Crime drama. (1950, b/w, U, 74min)
7.10 **The Ghost Camera** Crime thriller. (1933, b/w, U, 68min) ★
8.30 **The Chase** Crime thriller. (1946, b/w, PG, 86min) ★★
10.15 **Passport to Treason** Crime drama starring Rod Cameron. (1956, b/w, PG, 80min) ★★
11.50 **Paul Temple's Triumph** Mystery. (1950, b/w, U, 81min) ★★★

1.25 PM **Oliver Twist** Film version of Dickens' tale. (1982, U) ★★
3.25 **Cash on Demand** Crime thriller. (1961, b/w, PG, 84min) ★★★
5.05 **What's On TPTV with Noel**
5.20 **Edgar Wallace Mystery Theatre**
6.30 **Colonel March of Scotland Yard**
7.05 **Batman** 34/34. (S1)
7.35 **Dial 999** 12/39. (S1)
8.05 **Rumpole of the Bailey** (S6)
9.15 **Love for Lydia** 6/13. (S1)
10.20 **Cellar Club with Caroline Munro**
10.25 **Eyes of Laura Mars** Suspense thriller. (1978, 15, 104min) ★★★

12.30 AM **Cellar Club with Caroline...**
12.35 **Mansion of the Doomed** Horror. (1976, 18, 89min) ★★★
2.15 **Cellar Club with Caroline Munro**
2.20 **Fort Algiers** (1953, b/w, U) ★★
3.55 **Rose of Cimarron** Western. (1952, U, 73min) ★★
5.30 **to 6.00** AM **Beverly Hillbillies**

Tuesday

Sky Sports Main Event

401 511 501 419 439

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
10.00 **The Football Show**
12.00 NOON **Lunchtime Live**
2.00 PM **Sports Desk** Sports news with live analysis and comments.
3.00 LIVE **WTA & ATP Tennis** Coverage of day one of the Miami Open, a hard-court tournament at Miami Gardens in Florida. The seeded players receive a bye to round two, but Caroline Wozniacki, Simona Halep and Naomi Osaka were among those who did claim first-round victories last year.
11.00 LIVE **TGL Atlanta Drive Golf Club v The Bay Golf Club.** Coverage of the second semi-final of the team competition staged at Palm Beach Gardens in Florida. This is the inaugural staging of the competition and the winners of this match will face yesterday's last-four victors in a best-of-three matches series starting on 24 March.
1.00 AM LIVE **NCAA Basketball** Coverage of a First Four match staged at University of Dayton Arena in Dayton, Ohio.
3.00 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Highlights**
8.30 **SNF** Action from Bournemouth v Brentford at Vitality Stadium.
9.00 **Premier League Highlights**
10.00 **The Football Show**
12.00 NOON **Gary Neville's Soccerbox** With Robert Pires. **12.30** PM With Michael Owen.
1.00 **Premier League Highlights**
3.30 **SNF** Action from Bournemouth v Brentford in the Premier League.
4.00 **Premier League Highlights** Newcastle United v Crystal Palace. **4.30** Action from Ipswich Town v Nottingham Forest.
5.00 **Premier League Best Goals**
6.00 **Netbusters** Reliving Premier League action in a unique way.
6.30 **Premier League 100: Michael Owen** The former Liverpool striker reflects on his career.
7.00 **Premier League Review**
8.00 **Gary Neville's Soccerbox**
9.00 **Premier League Review**
10.00 **Premier League Icons**
11.00 **Premier League Years**
1.00 AM **PL Retro** Chelsea v Liverpool.
3.00 **PL Greatest Games**
4.00 **Premier League Best Goals**
5.30 **to 6.00** AM **Premier League 100 Club**

Sky Sports Football

403 513 503 421 441

6.00 AM **SPFL Greatest Games**
8.00 **Best Goals: EFL Cup 2022/23**
8.30 **EFL Trophy** Bolton v Plymouth.
9.00 **EFL Greatest Games**
10.00 **EFL Cup Highlights**
11.00 **EFL Rivalries**
12.00 NOON **EFL Highlights**
12.30 PM **Bundesliga Highlights**
1.30 **EFL Highlights**
2.00 **SPFL Highlights**
2.45 **Best Goals: EFL Cup 24/25**
3.15 **EFL Cup Highlights**
4.15 **EFL Highlights** Championship.
4.30 **Bundesliga Highlights Show**
5.30 **EFL Highlights**
6.00 **Best Goals: EFL Cup 24/25**
6.30 **SPFL Highlights**
7.15 **EFL Highlights**
8.00 **Bundesliga Highlights Show**
9.00 **EFL Highlights**
9.30 **Scottish Premiership Round-Up**
9.45 **SPFL Highlights**
10.15 **Best Goals: EFL Cup 24/25**
10.45 **EFL Cup Highlights**
11.45 **EFL Greatest Games**
12.00 M'T **EFL Cup Retro**
2.00 AM **Best Moments from the Championship Play-Off Final**
2.30 **EFL Greatest Games**
4.00 **Championship Season Review**
5.00 **Best Goals: EFL Cup 2020/21**
5.30 **to 6.00** AM **EFL Trophy**

Sky Sports Cricket

404 514 504 422 442

6.00 AM **IPL** Action from India.
8.00 **History of the ICC Champions Trophy** Archive highlights.
9.00 **IPL** Recent action.
11.00 **ICC Champions Trophy Cricket**
12.00 NOON **IPL** Highlights.
4.00 PM **ICC Champions Trophy Cricket** India v New Zealand.
5.00 **History of the ICC Champions Trophy** A look at the previous editions of the tournament.
6.00 **IPL** Action from Lucknow Super Giants v Chennai Super Kings. **7.00** Highlights from Punjab Kings v Mumbai Indians at Maharaja Yadavindra Singh International Cricket Stadium.
8.00 **ICC Champions Trophy Cricket** India v New Zealand in the final.
9.00 **IPL** Gujarat Titans v Delhi Capitals from Narendra Modi Stadium. **10.00** Kolkata Knight Riders v Rajasthan Royals at Eden Gardens.
11.00 **WPL** Delhi Capitals v Mumbai Indians at M Chinnaswamy Stadium in Bangalore.
12.00 M'T **IPL** Royal Challengers Bengaluru v Sunrisers Hyderabad. **1.00** AM Highlights from Punjab Kings v Delhi Capitals.
2.00 **WPL** Recent action.
5.00 **to 6.00** AM **IPL Highlights**

Sky Sports Golf

405 515 505 423 443

6.00 AM **Playing Lessons**
9.00 **The Players Championship**
10.00 **Playing Lessons**
12.00 NOON **The Players Championship** The fourth day.
1.00 PM **TGL** New York v Los Angeles.
3.00 **The Players Championship**
4.00 **Playing Lessons**
5.00 **Icons Series Golf** Highlights.
6.00 **Ladies European Tour Golf**
7.00 **The Players Championship** Action from day four at TPC Sawgrass in Ponte Vedra Beach.
8.00 **TGL** New York v Los Angeles.
10.00 **Ladies European Tour Golf** The Australian Women's Classic.
11.00 LIVE **TGL Atlanta Drive Golf Club v The Bay Golf Club.** Coverage of the second semi-final of the team competition staged at Palm Beach Gardens in Florida.
1.00 AM **The Players Championship**
2.00 **to 6.00** AM **Playing Lessons**

Sky Sports Tennis

407 537 520 425 445

6.00 AM **ATP Tennis** A recent final.
7.00 **WTA & ATP Tennis**
1.00 PM **ATP Tour This Week**
1.30 **Tennis** The 2024 Miami Open.
3.00 LIVE **WTA & ATP Tennis** Coverage of day one of the Miami Open, a hard-court tournament at Miami Gardens in Florida. The seeded players receive a bye to round two, but Caroline Wozniacki, Simona Halep and Naomi Osaka were among those who did claim first-round victories last year.
11.00 **Tennis** Indian Wells Open.
12.30 AM **WTA Tennis** Highlights.
1.00 **WTA & ATP Tennis** Doha Open.
3.00 **ATP Sizzle Reel 2024**
3.15 **WTA Sizzle Reel 2024**
3.30 **ATP 2024 Best of Jack Draper**
3.45 **Bitesize Tennis** Highlights.
4.00 **to 6.00** AM **ATP Tennis**

TNT Sports 1

410 870 521 408 430

6.00 AM **Fishing: On the Bank**
7.00 **Premier League Features**
9.00 **MLB Classic** World Series.
10.00 LIVE **MLB Chicago Cubs v Los Angeles Dodgers.** Coverage of the inter-league match from Tokyo Dome. Start-time **10.10am**.
1.15 PM **PL: Big Interview**
1.45 **UEFA Champions League**
2.15 **UEFA Europa League & Conference League Highlights**
3.15 **UEFA Champions League**
4.00 **Premier League Features**
5.30 LIVE **UEFA Women's Champions League Real Madrid v Arsenal.** The quarter-final first-leg from Estadio Alfredo Di Stefano. Kick-off **5.45pm**.
8.00 LIVE **UEFA Women's Champions League Bayern Munich v Lyon.** Coverage of the quarter-final first-leg at FC Bayern Campus. Kick-off is at **8.00pm**.
10.00 **Premier League Reload**
10.15 **MotoGP Rewind**
10.30 **Original Documentary**
11.30 **NBA** Two match replays.
2.30 AM LIVE **NBA Los Angeles Clippers v Cleveland Cavaliers.**
5.00 **NBA Action** Highlights.
5.30 **to 6.00** AM **NBA on Fire**

TNT Sports 2

411 871 522 409 431

6.00 AM **Allianz Premiership Women's Rugby** Recent action.
7.00 **Premiership Rugby Cup**
8.00 **Fight Night Live**
10.00 LIVE **Curling World Championship Italy v Switzerland.** Coverage of the round-robin match at Uijeongbu Indoor Ice Rink in South Korea.
1.00 PM **NBA** Knicks v Heat. **2.30** Warriors v Nuggets.
4.00 **UEFA Europa League**
4.15 **UEFA Conference League**
4.30 **Original Documentary**
5.30 **Men's Cycling Pro Series**
6.00 **The WRC Magazine**
6.30 **Premier League Stories**
7.00 **SailGP Highlights**
8.00 **Women's T20 International Cricket** New Zealand v Sri Lanka.
9.00 **T20 Cricket Highlights**
10.00 **Fight Night Live**
12.00 M'T **UEFA Women's Champions League**
2.00 AM **MLB** Cubs v Dodgers.
3.30 **Isuzu A-League Highlights**
4.00 **A-League Women Highlights**
4.30 **UEFA Champions League**
5.00 **Premier League Legends**
5.30 **to 6.00** AM **Classic Premier League**

Sky Sports Action

408 517 507 426 446

6.00 AM **Super League Highlights**
7.00 **Fight Night International**
9.00 **Super League Highlights**
10.00 **Top Rank Boxing Archive** Marvin Hagler v Roberto Duran. **11.30** A replay of Marvin Hagler v Thomas Hearns from 1985.
12.00 NOON **Super League Highlights** Top-flight action.
1.00 PM **The Rugby Championship** New Zealand v Argentina.
3.00 **Fight Night International** Another chance to see Denys Berinchyk v Keyshawn Davis.
4.00 **Super League Highlights**
5.00 **Top Rank Boxing Archive** A replay of Sugar Ray Leonard v Roberto Duran from 1980.
6.30 **Super League** A chance to see St Helens v Hull Kingston Rovers.
9.15 **Super League Highlights**
10.00 **The Rugby Championship** New Zealand v Argentina.
12.00 M'T **Top Rank Boxing Archive** Marvin Hagler v John Mugabi. **1.00** AM Sugar Ray Leonard v Roberto Duran from 1980.
2.30 **Super League Highlights**
3.15 **Top Rank Boxing Archive**
4.00 **Super League Highlights**
4.45 **to 6.00** AM **Top Rank Boxing Archive**

Sky Sports Sky Sports+

412 518 508 427 447

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
10.00 **The Football Show**
12.00 NOON **Lunchtime Live**
2.00 PM **Sports Desk**
3.00 LIVE **WTA & ATP Tennis** Coverage of the opening day of the Miami Open, a hard-court tournament at Miami Gardens.
7.35 LIVE **EFL Rotherham United v Wycombe Wanderers.** Coverage of the League One match staged at AESSEAL New York Stadium. Wycombe won 2-0 when the sides met back in August and will be favourites to prevail once again as they continue their quest for promotion. Kick-off **7.45pm**.
9.45 **EFL Greatest Games**
10.00 **Sky Sports News at Ten**
10.30 LIVE **NCAA Basketball** Coverage of a First Four match staged at University of Dayton Arena in Dayton, Ohio.
12.30 AM **Sky Sports News**
1.00 LIVE **NCAA Basketball** Coverage of a First Four match staged at University of Dayton Arena in Dayton, Ohio.
3.00 **to 6.00** AM **Sky Sports News**

Sky Sports Mix

416 873 510 429 449

6.00 AM **Top Rank Boxing Archive**
8.00 **The Rugby Championship** Australia v South Africa in 2024.
10.00 **Formula 1** Australian Grand Prix.
12.15 PM **The Rugby Championship** New Zealand v Argentina in 2024.
2.15 **Fight Night** Jonas v Price.
3.15 **Top Rank Boxing Archive** A replay of Sugar Ray Leonard v Roberto Duran from 1980. **4.45** A replay of Marvin Hagler v Thomas Hearns from 1985.
5.15 **The Rugby Championship** Australia v South Africa in 2024.
7.15 **Formula 1** A chance to see the 2018 Australian Grand Prix.
9.30 **The Rugby Championship** New Zealand v Argentina from 2024.
11.30 **Fight Night** A chance to see Natasha Jonas v Lauren Price.
12.30 AM **Top Rank Boxing Archive**
2.30 **The Rugby Championship** Australia v South Africa in 2024.
4.30 **Fight Night** Jonas v Price.
5.30 **to 6.00** AM **Top Rank Boxing Archive**

TNT Sports 3

413 874 523 410 432

6.00 AM **AFL** Four match replays.
2.00 PM **Fishing: On the Bank**
3.00 **Serie A** Action from Italy.
5.00 **A-League Women Highlights**
5.30 **Isuzu A-League Highlights**
6.00 **Premiership Women's Rugby**
7.00 **Premiership Rugby Cup** Highlights from the final.
8.00 **MLB** A chance to see Chicago Cubs v Los Angeles Dodgers.
9.30 **Men's Cycling Pro Series** The second stage of the Tour of Taiwan.
10.00 **The WRC Magazine** Action from the Safari Rally Kenya.
10.30 **UEFA Champions League Goals Reload** Action from the latest round of 16 matches.
10.45 **UEFA Conference League Goals Reload** The best goals from the round-of-16 fixtures.
11.00 **MotoGP** Grand Prix of Argentina.
2.30 AM **MotoGP Chequered Flag**
3.30 **The WRC Magazine**
4.00 **Premiership Women's Rugby**
5.00 **to 6.00** AM **Fishing: On the Bank**

TNT Sports 4

414 876 524 411 434

6.00 AM **UEFA Champions League Highlights Show**
7.00 **UEFA Europa League & Conference League Highlights**
8.00 **Serie A** Action from Italy.
10.00 **UEFA Champions League Magazine** News and action.
10.30 **UEFA Europa League Goals Reload** Recent highlights.
10.45 **UEFA Conference League Goals Reload**
11.00 **Fishing: On the Bank**
12.00 NOON **The WRC Magazine**
12.30 PM **Classic Premier League**
1.00 LIVE **Powerlifting European Classic Championship** Coverage of day one of the competition from Malaga, Spain.
4.00 **MotoGP** Highlights from the Grand Prix of Argentina.
7.30 **MotoGP Chequered Flag**
8.30 **NBA on Fire** The latest news.
9.00 **UFC** Another chance to see Marvin Vettori v Roman Dolidze.
12.00 M'T **to 6.00** AM **AFL**

Premier Sports 1

419 551

6.00 AM **LaLiga Specials**
7.00 **Champions Cup Highlights**
8.00 **Asian Le Mans Series**
9.00 **UK Independent Kart Racing**
10.00 **Football** Highlights and features.
11.30 **Top 14 Rugby Union Highlights**
12.00 NOON **Downhill Skateboarding**
12.30 PM **World Surf League**
1.30 **NHL on the Fly** The latest news.
2.00 **LaLiga News**
2.30 **Indy Autonomous Challenge**
3.00 **URC in 60** Recent action.
4.00 **LaLiga Highlights**
5.00 **Transworld Sport** Magazine.
6.00 **LaLiga** Highlights and news.
8.00 **NASCAR Highlights**
9.00 **URC in 60** Highlights.
10.00 **Football** Highlights and features.
12.00 M'T **Sporting Countdowns**
12.30 AM **Transworld Sport** Magazine.
1.30 **Sporting Greats**
2.00 LIVE **NHL Ice Hockey Vancouver Canucks v Winnipeg Jets.** Face-off **2.00am**.
5.00 **to 6.00** AM **NASCAR**

Premier Sports 2

420 552

6.00 AM **NASCAR Highlights**
10.00 **GP Confidential**
10.30 **Bike World** Magazine.
11.00 **NHL Tonight** Wing players.
12.00 NOON **NHL Ice Hockey** Toronto Maple Leafs v Calgary Flames.
2.00 PM **Football's Greatest**
2.30 **United Rugby Championship** Glasgow Warriors v Ospreys.
4.30 **GP Confidential** The latest news.
5.00 **LaLiga** Another chance to see Atletico Madrid v Barcelona.
7.00 **LaLiga** Villarreal v Real Madrid.
9.00 **NHL Ice Hockey** Toronto Maple Leafs v Calgary Flames.
11.00 LIVE **NHL Ice Hockey New York Rangers v Calgary Flames.** Coverage of the inter-conference match from Madison Square Garden. Face-off **11.00pm**.
2.00 AM **Bike World** Magazine.
2.30 **Temples of Sport**
3.00 **NHL Tonight** Highlights,
4.00 **to 6.00** AM **Top 14 Rugby Union Highlights**

Sky Sports F1

406 516 506 424 444

6.00 AM **Formula 3** From Australia.
8.15 **F1 & the Silver Bullet**
8.30 **Formula 2** Australian Grand Prix.
10.50 **Formula 1** Recent highlights.
1.00 PM **Ted's Notebook**
1.30 **Formula 1** Australian Grand Prix.
6.00 **Ted's Notebook**
6.30 **Formula 2** From Australia.
8.50 **Formula 1** Season highlights.
9.00 **Formula 3** Australian Grand Prix.
11.15 **Formula 1** Season highlights.
11.25 **F1 Feature**
11.30 **Formula 1** Australian Grand Prix.
12.30 AM **Ted's Notebook**
1.00 **to 6.00** AM **The Home of F1**

SKY HD SD VIRGIN HD EE HD

Wednesday 19 March

Evening Planner

Crime Drama

The Marlow Murder Club
U&Drama, 8pm & 9pm (box set, U)
Home Counties sleuths Suzie, Becks and Judith are on the case once again after a wealthy groom-to-be is found murdered.

Factual

Billy Monger: The Race is On for Comic Relief
BBC1, 9pm
The former racing driver and double amputee takes on an Ironman challenge.

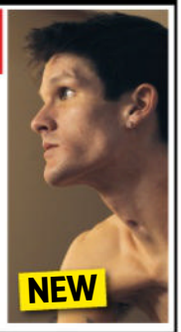
Factual

The Richard Dimbley Lecture with Sir Gareth Southgate
BBC1, 10.40pm
Sir Gareth reflects on his experiences.

OnDemand

NETFLIX

Twister: Caught in the Storm
Available today
The life-changing experiences of a group of students who were trapped inside a tornado.



SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 The Repair Shop		9.00 Billy Monger: The Race is On for...		10.00 News; Local News	10.40 Richard...
	102 BBC2	7.00 Celebrity Antiques Road Trip		8.00 Great British Menu		9.00 Surgeons: At the Edge of Life		10.00 What We Do...	10.30 Newsnight
	103 ITV1	◂ 6.30 News	7.30 Emmerdale	8.00 Coronation Street		9.00 A Cruel Love: The Ruth Ellis Story		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Kirstie and Phil's Love It or List It		9.00 Get Millie Black			10.30 24 Hours in...
	105 5	7.00 Mother's Day: Shop Smart, Save Money		8.00 Holiday Scams: Don't Get Caught Out		9.00 The Tower of London Special...		10.00 The Pile Up: Death on the Motorway	
	106 SKY SHOWCASE	7.00 Landscape Artist of the Year				9.00 Rob Beckett's Smart TV	9.50 Ricky Gervais: Fame		
ENTERTAINMENT	115 BBC3	7.00 Top Gear		8.00 The Agency: Unfiltered		9.00 Film: William Shakespeare's Romeo + Juliet			
	116 BBC4	7.00 Climbing Great...	7.30 Who Do You...	8.00 The Secret Life of Waves		9.00 The Hunt for Lady Olive and the...		10.00 The Ruth Ellis Files: A Very British...	
	118 ITV2	7.00 Deal or No Deal		8.00 Ant & Dec's Limitless Win		9.00 Hell's Kitchen		10.00 Plebs	
	136 MORE4	◂ 6.55 Car S.O.S.		7.55 Grand Designs		9.00 Griff's Great Australian Rail Trip		10.00 Car S.O.S.	
	135 E4	7.00 Hollyoaks	7.30 Married at First Sight Australia			9.00 Love Triangle UK		10.05 Gogglebox	
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 FBI: Most Wanted		9.00 The Equalizer		10.00 Fire Country	
	108 SKY ATLANTIC	◂ 6.50 Six Feet Under		7.55 Game of Thrones		9.00 The White Lotus			10.10 Homicide: Life on the Street
	110 U&GOLD	7.00 Only Fools and Horses	7.40 Dad's Army			9.00 Men Behaving Badly			10.10 Harry Enfield and Chums
	111 U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games			9.00 QI XL		10.00 Have I Got a Bit More News for You	
	119 ITV3	7.00 Heartbeat		8.00 Grace				10.00 Endeavour	
	120 ITV4	◂ 6.45 Snooker: Players Championship – Live: The opening quarter-final from Telford International Centre							10.15 River Monsters
	112 COMEDY CENTRAL	7.00 Friends				9.00 Jack Whitehall Gets Around		10.00 8 Out of 10 Cats	
	139 SKY SCI-FI	7.00 Warehouse 13		8.00 Stargate SG-1		9.00 Grimm		10.00 The Walking Dead	
	113 SKY MAX	7.00 Stargate SG-1		8.00 A League of Their Own US Road Trip		9.00 Rob Beckett's Smart TV	9.50 Hacks		
	109 U&ALIBI	7.00 The Mentalist		8.00 White Collar		9.00 Miss Scarlet		10.00 Death in Paradise	
	130 SKY ARTS	7.00 The Alfred Hitchcock Hour		8.00 Landscape Artist of the Year		9.00 Artist of the Year: Masterclass		10.00 Art's Wildest Movement: Mannerism	
	132 U&W	7.00 MasterChef Junior USA		8.00 Cops on the Rock		9.00 Hungry for It			10.15 Joe Wicks: Facing My...
DOCUMENTARY	125 DISCOVERY	7.00 Salvage Hunters		8.00 Hoffman Family Gold		9.00 Gold Divers		10.00 Filthy Fortunes	
	162 ANIMAL PLANET	7.00 Pit Bulls & Parolees		8.00 Sharkwrecked: Crash Landing		9.00 Sharktacular 2016		10.00 Edge of Alaska	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Destruction Decoded		9.00 Car S.O.S.		10.00 No Taste Like Home with Antoni...	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Digging for Britain		9.00 Tales from Oak Island		10.00 Mysteries Unearthed with Danny Trejo	
	155 U&YESTERDAY	7.00 Our Guy in China		8.00 Great Coastal Railway Journeys		9.00 Great Canal Journeys		10.00 Bangers & Cash	
	121 SKY DOCS	7.00 Kings from Queens: The Run DMC Story		8.00 Eyes on the Prize III		9.00 Bruno v Tyson			
FILMS – Sky Cinema	301 PREMIERE	◂ 6.00 The Watched		8.00 Fight or Flight			9.50 Horizon: An American Saga – Chapter 1		
	302 ORIGINALS	◂ 6.10 Save the Cinema		8.00 Lee				10.00 The Dry	
	303 HITS	◂ 6.10 Dunkirk		8.00 Saving Private Ryan					
	304 CLASSICS	◂ 6.10 Gremlins		8.00 Gremlins 2: The New Batch				10.00 The Exorcist	
	305 ANIMATION	7.10 The Nut Job			8.45 Two by Two				10.20 Deep Sea
	306 FAMILY		7.20 Monster Trucks			9.10 Robo-Dog			
	307 ACTION	◂ 5.35 Man of Steel		8.00 Superman Returns					10.40 King...
	308 COMEDY	◂ 6.05 How to Be Single		8.00 How to Lose a Guy in 10 Days				10.00 The Big Lebowski	
	309 THRILLER	◂ 5.15 Zero Dark Thirty		8.00 Ocean's Thirteen					10.15 John Wick
	310 DRAMA	◂ 6.20 North Hollywood		8.00 Spotlight					10.20 The Breakfast Club
	311 SCI-FI	◂ 5.50 Star Trek Beyond		8.00 It					10.25 Friday the 13th
	313 FILM4	◂ 6.40 Indiana Jones and the Kingdom of the Crystal Skull				9.00 Conan the Barbarian			
SPORT	401 MAIN EVENT	◂ 3.00 Tennis – Live: The Miami Open. Coverage of day two of the WTA 1000 and ATP 1000 event, a hard-court tournament that takes place at Miami Gardens in Florida							
	402 PREMIER LEAGUE	7.00 PL Stories	7.30 PL 100	8.00 Gary Neville's Soccerbox		9.00 PL Stories	9.30 PL 100 Club	10.00 PL Icons	
	403 FOOTBALL	7.00 Best Goals...	7.30 EFL Highlights			9.00 Bundesliga Highlights Show		10.00 EFL Highlights	
	404 CRICKET	7.00 IPL		8.00 History of the ICC Champions Trophy		9.00 IPL			
	410 TNT SPORTS 1	7.00 In My Blood	7.30 UEFA Women's Champions League – Live: Manchester City v Chelsea (Kick-off 8.00)					10.00 UEFA Magazine	10.30 PL Netbusters
	411 TNT SPORTS 2	◂ 5.45 UEFA Women's...	7.45 Men's Cycling Pro Series		8.45 Women's Cycling Pro Series		9.45 Men's Cycling Pro Series		

◂ Denotes programmes starting before 7.00pm † Regions vary

WEDNESDAY

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BBC1

101 | 101 | 1 | 101 | 101

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 **Crimewatch Live** New edition (S)
11.30 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Clean It, Fix It** New edition The team help a single mother who is overwhelmed with clutter. (S)
2.30 **Antiques Road Trip** (S)(R)
3.00 **Escape to the Country** A search for a property in Devon. (S)(R)
3.45 **Make It at Market** New edition A furniture maker and a textile designer seek advice. (S)(AD)
4.30 **The Finish Line** New edition (S)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

7.30 EastEnders

7 PM

7.00 The One Show
Alex Jones and Clara Amfo present the topical show. (S)

7.30 EastEnders
Nigel is in trouble when Lexi gets the wrong idea, and Teddy decides to keep his business a secret from Nicola. (S)(AD)

8 PM

8.00 The Repair Shop
New edition Experts restore a suit of armour from the 1973 film *The Three Musketeers*, a pre-war typewriter, a pane of stained glass featuring a stag in the centre and a dancer's pair of cowboy boots. (S)(AD)

9 PM

9.00 NEW Billy Monger: The Race is On for Comic Relief
After 12 months of intensive training and preparation, the former racing driver takes on an endurance Ironman competition in Kona, Hawaii, to raise money for Comic Relief. (S)(AD)

10 PM

10.00 BBC News (S)
10.30 Local News (S)
10.40 NEW The Richard Dimbleby Lecture with Sir Gareth Southgate
The former England football player and manager reflects on his personal journey as a leader, explores the concept of belief and examines the power of unity. (S)
11.30 The Six Nations Greatest Moments Series finale 6/6. Wales' and Ireland's Grand Slam triumphs in 2005 and 2009 respectively. Plus, Wales scrum-half Mike Phillips' controversial try against Ireland in 2011. (S)
12.00 M'T **Weather for the Week Ahead** Seven-day forecast. (S)
12.05 to 6.00 AM **BBC News** (S)

BBC2

102 | 102 | 2 | 102 | 102

6.30 AM **Escape to the Country** (S)(R)
7.15 **Make It at Market** (S)(R)(AD)
8.00 **Sign Zone: Celebrity Antiques Road Trip** From Kent. (S)(R)
9.00 **BBC News** (S)
11.15 **Politics Live** (S)
1.00 PM **Impossible** Quiz show. (S)(R)
1.45 **Bridge of Lies** Game show. (S)(R)
2.30 **The Tournament** Quiz show. (S)(R)
3.15 **Farm to Feast: Best Menu Wins**
3.45 **The Farmers' Country Showdown**
4.15 **Yellowstone** (S)(R)(AD)
5.15 **Flog It!** From Bletchley Park. (S)(R)
6.00 **Richard Osman's House of Games** Sarah Kendall, Jay McGuiness, Linda Robson and Bobby Seagull take part. (S)(R)
6.30 **Great Continental Railway Journeys** New edition 8/20. In Norway, Michael Portillo travels from Larvik to Holstebro. (S)

9.00 Surgeons: At the Edge of Life

7.00 Celebrity Antiques Road Trip
New edition Broadcaster Moira Stuart and star of the stage and screen Aled Jones face off in a battle of antiques in Kent, with experts David Harper and Serhat Ahmet. (S)

8.00 Great British Menu
New edition The three remaining chefs from London and south-east England cook mains and desserts, celebrating great Britons of the past. Chef Lisa Goodwin Allen judges. (S)
■ Continues tomorrow

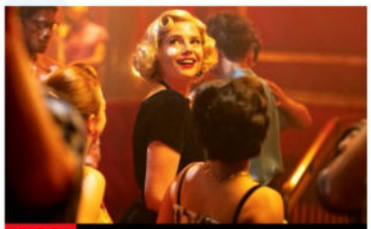
9.00 Surgeons: At the Edge of Life
New edition 4/6. Surgeons attempt to save a patient's life and her ability to smile, by removing a tumour in her cheek and reconstructing her facial nerve. (S)(AD)

10.00 What We Do in the Shadows
New episode 2/10. Nandor and Laszlo have a night out with Sean and his pals. (S5) (S)(AD)
■ Entire series on BBC iPlayer
10.25 Harry Hill's Lonely Island (R)
10.30 Newsnight (S)
11.00 Weather (S)
11.05 Unspun World with John Simpson A look at the week's major global news stories. (S)
11.30 Thames Water: Inside the Crisis 1/2. The story of Thames Water as it battles for survival. (S)(R)(AD)
12.35 AM **Sign Zone: Great British Menu** Four chefs from Northern Ireland compete with canapes, starters and fish dishes. (S)(R)
1.35 Sign Zone: Death in Paradise (R)
2.35 to 6.30 AM **Previews** (S)

ITV1

103 | 103 | 103 | 3 | 103 | 103 | 103

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** Topical debate from a female perspective. (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Celebrity Catchphrase** Stephen Mulhern hosts a charity edition of the game show, with Fern Britton, Dominic Brunt and Kelle Bryan trying to guess the familiar phrases. (S)(R)(AD)
3.00 **Jeopardy!** New edition Quiz show hosted by Stephen Fry. (S)
4.00 **Tipping Point** New edition Game show hosted by Ben Shephard. (S)
5.00 **The Chase** New edition Quiz show hosted by Bradley Walsh. (S)
6.00 **Local News** (S)
6.30 **ITV News** (S)



9.00 A Cruel Love: The Ruth Ellis...

7.30 Emmerdale
Ella's bust-up is the talk of the village, John is worried about the reaction to his news, and Chas collapses. (S)(AD)

8.00 Coronation Street
Tracy agrees to help a desperately unwell Rob to escape, Dee-Dee arranges to meet prospective adopters, Dylan begs Sean not to report Brody, and Debbie refuses to pay Mick for his work. (S)(AD)

9.00 A Cruel Love: The Ruth Ellis Story
New episode 3/4. Ruth has an opportunity to confess the truth in order to attempt to save her life. (S1) (S)(AD)
■ Entire series on ITVX

10.00 ITV News (S)
10.30 Local News (S)
10.45 Peston
Political magazine hosted by Robert Peston, featuring interviews with MPs, topical guests and cultural figures. (S)
11.40 Heathrow: Britain's Busiest Airport An inbound passenger has an entourage of armed police officers waiting for him. (S)(R)(AD)
12.05 AM **Teleshopping**
3.00 Tonight: Celebrity Scams – Are You At Risk? (S)(SL)(R)
3.25 For the Love of Dogs with Alison Hammond (S)(SL)(R)(AD)
3.50 Unwind with ITV (S)
5.05 to 6.00 AM **Wheel of Fortune** Game show. (S)(SL)(R)(AD)

+1 hour | 203 | 303 | 35 | 112

CHANNEL 4

104 | 104/108 | 108 | 4 | 104 | 104/106

6.25 AM **Cheers** 19-22/26. (S5) (S)(R)
8.10 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** 17-20/25. (S11) (S)(R)(AD)
11.10 **Undercover Boss USA** (S)(R)
12.05 PM **News** (S)
12.10 **Sun, Sea and Selling Houses** (R)
1.10 **Find It, Fix It, Flog It** (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **A New Life in the Sun** (S)(R)
5.00 **Four in a Bed** New edition The third stay of the week is at The Barn in North Yorkshire. (S)
5.30 **Come Dine with Me** New edition Administrator Danielle hosts the third night in Birmingham. (S)
6.00 **A Place in the Sun: What Happened Next?** New edition Laura Hamilton catches up with Gilly and Jane at their holiday home in the Dordogne, France. (S)

9.00 Get Millie Black

7.00 News (S)

8.00 Kirstie and Phil's Love It or List It
Kirstie Allsopp and Phil Spencer help Ruth and Ken from Caterham, Surrey, settle their debate over whether to sell or renovate their three-storey town house. (S)(R)(AD)

9.00 Get Millie Black
Series finale *Curtis:* 5/5. Back in London, Millie experiences first-hand the reality of trafficking. She reunites with her old partner Meera, doggedly pursuing clues that could lead to Romeo. (S1) (S)(AD)

10.30 24 Hours in A&E
Ten-year-old Henry is brought in after being hit accidentally by a forklift truck driven by his father, and 94-year-old Pearl comes in having cut her arm by trapping it in a lift. (S)(R)(AD)
11.30 24 Hours in A&E A teenager is brought in after being struck in the eye with an arrow during an archery class. (S)(R)(AD)
12.30 AM **Ramsay's Kitchen Nightmares USA** (S)(SL)(R)
1.20 Undercover Boss USA (S)(R)
2.10 Get Millie Black (S)(SL)(R)(AD)
3.55 Unreported World (S)(SL)(R)(AD)
4.20 Food Unwrapped (S)(SL)(R)(AD)
4.50 Location, Location, Location (R)
5.45 to 6.25 AM **Countdown** (S)(R)

+1 hour | 204/208 | 304 | 15 | 121

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 805 | 105 | 5 | 105 | 105 | 105

5.40 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm Huntley** (S)
12.45 PM **GPs: Behind Closed Doors** Jitka visits the surgery with excruciating back pain. (S)(R)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)(AD)
2.15 FILM **A Murder in Venice** Thriller starring Sophie Hopkins. (S) (2023, PG, 105min) ★★
4.00 **Bargain-Loving Brits in the Sun** Magician Matt hopes to reintroduce a straitjacket escape into his act. (S)(R)(AD)
5.00 **News** (S)
6.00 **Eggheads** The Cannock Chasers take on the quiz experts. (S)(R) **6.25** The Cranium Crushers take on the challenge. (S)(R)
6.55 **News** (S)

7.00 Shop Smart, Save Money

7.00 Shop Smart, Save Money: Mother's Day New edition Gaby Roslin and Ortis Deley present a special edition dedicated to Mother's Day. (S)

7.55 News (S)

8.00 NEW Holiday Scams: Don't Get Caught Out Alexis Conran and his team take on the scammers who target people's wallets and plans when travelling, whether it's in the UK or on the far side of the world. (S)

9.00 NEW The Tower of London Special: Elizabeth I & Anne Boleyn – The Prisoner Queens Historian Tracy Borman looks at the mother-daughter relationship between Anne Boleyn and Elizabeth I. (S)

10.00 NEW The Pile Up: Death on the Motorway Analysis of one of the worst motorway crashes in British history, which took place on 4 November, 2011, when 34 vehicles were involved a pile-up on the M5. (S)

11.30 **Police Interceptors** An officer pursues a pick-up truck. (S)(R)
12.30 AM **Friends** (S1) (S)(R)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **Friends** (S2) (S)(R)(AD)
3.50 **Escape to the Farm with Kate Humble** (S)(R)
4.40 **Wildlife SOS** (S)(SL)(R)
5.05 **Great Scientists** (S)(SL)(R)
5.35 **to 5.40** AM **Entertainment News** (S)

+1 hour 205 | 305 | 38 | 128

SKY SHOWCASE

106 106 806 | 109 | 340 | 355

6.00 AM **Sky News Breakfast**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate SG-1** (S3) (S)(R)
11.00 **Animals Like Us** (S)(R)
12.00 NOON **The Flash** (S8) (S)(R)
1.00 PM **Hawaii Five-0** (S2) (S)(R)
3.00 **NCIS: Los Angeles** (S14) (S)(R)
4.00 **S.W.A.T.** 4/22. (S1) (S)(R)(AD)
5.00 **The Simpsons** *Chief of Hearts:* Homer strikes up a friendship with Chief Wiggum. (S)(R) **5.30** *Postcards from the Wedge:* Bart plays his parents off against each other after getting into trouble at school. (S)(R)
5.55 **The Office (US)** 21/25. Dwight finally gets his black belt in karate. (S)(R) **6.35** 22/25. Part one of two. Jim hatches a scheme to derail Dwight's plan. (S9) (S)(R)

9.00 Rob Beckett's Smart TV

7.00 Landscape Artist of the Year Following the final from Stonehenge, the winning artist prepares to collect the prestigious £10,000 commission from the Courtauld Gallery. (S)(R)

8.00 Landscape Artist of the Year Series finale Stephen Mangan presents highlights of the competition in which artists were challenged to capture spectacular views at locations around the UK.

9.00 Rob Beckett's Smart TV New edition Comedy panel show, with guests David Mitchell, Anna Richardson, Kadiff Kirwan and Ryan Sampson. (S)(AD)

9.50 Ricky Gervais: Fame Highlights of the comedian's stand-up show, which sees him tackle the world of fame and blur the line between the acceptable and the outrageous. (S)(R)

11.20 **Never Mind the Buzzcocks** Beth Ditto, Megaman, Nick Grimshaw and Kimberly Wyatt take part. (S)(R)(AD)
12.15 AM **The Force: North East** Crime documentary. (S)(R)
1.05 **Road Wars** (S)(R)
2.00 **Brit Cops: War on Crime** (S)(R)
3.00 **NCIS: Los Angeles** (S14) (S)(R)
4.00 **S.W.A.T.** 4/22. (S1) (S)(R)(AD)
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
2.30-3.00pm Politics Scotland (S) **11.30** Debate Night (S)(R) **12.30am** Scotcast (S)(R) **1.00** The Six Nations Greatest Moments (S) **1.30** Weather for the Week Ahead (S) **1.35-6.00am** BBC News

N. IRELAND
Sky 966, Virgin 863, Freesat 966
10.40pm Nazis, U-Boats & the Battle for the Atlantic New edition (S) **11.40** NEW The Richard Dimbleby Lecture with Sir Gareth Southgate (S) **12.30am** The Six Nations Greatest Moments (S) **1.00-6.00am** BBC News (S)

WALES
Sky 965, Virgin 864, Freesat 965
10.40pm Scrum V Top 5s New edition (S) **11.10** NEW The Richard Dimbleby Lecture with Sir Gareth Southgate (S) **12.00m't** The Six Nations Greatest Moments (S)(R) **12.30-6.00am** BBC News (S)

BBC2

N. IRELAND
Sky 969, Freesat 969
11.05pm Spotlight (S)(R) **11.35** Unspun World with John Simpson (S) **12.05-12.35am** Sign Zone: Amanda & Alan's Spanish Job (S)(SL)(R)(AD)

WALES
Sky 968, Freesat 968
No variations

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **11.00** Dysgu Gyda Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Sain Ffagan (AD) **12.30** Heno **1.00** Codi Hwyl America **1.30** Adre **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Cofio **4.00** Awr Fawr **5.00** Stwnsh **6.00** Sain Ffagan **6.30** Rownd a Rownd (AD) **6.57** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Pobol y Cwm New episode (AD) **8.25** Y Sin New edition (AD) **8.55** Newyddion a'r Tywydd **9.00** Gogglebocs Cymru New edition **10.00** 24 Awr Newidiodd Gymru **10.45-11.50pm** Greenham (AD)

TV&Satellite week
More channels than any other TV magazine

BBC3

115/117/121 | 107/113 | 23 | 107 | 107

BBC3 programmes start at 7.00pm

7.00 PM **Top Gear** Three luxury vehicles are tested in Albania.
7.55 **The Catch Up**
8.00 **The Agency: Unfiltered** New editions 5/10. As the Mykonos trip continues, there's a problem when two of the influencers wear the same dress. **8.30** 6/10. Kirsten goes wedding dress shopping with friends and family.
9.00 FILM **William Shakespeare's Romeo + Juliet** Baz Luhrmann's romantic drama based on Shakespeare's famous play, starring Claire Danes and Leonardo DiCaprio. (1996, 12, 120min) ★★★★
10.50 **Suits** 1/16. Harvey must come to terms with the fact Donna is leaving him. **11.35** 2/16. Mike takes on a case as a favour. (S5)
12.15 AM **Go Hard or Go Home**
1.15 **Planet Sex with Cara Delevingne**
2.00 **Top Gear** As 7.00pm.
3.00 **to 3.55** AM **Stacey Dooley: Rape on Trial**

BBC4

116 | 107/108 | 9/24 | 106 | 108

BBC4 programmes start at 7.00pm

7.00 PM **Climbing Great Buildings** The Imperial War Museum North in Manchester.
7.30 **Who Do You Think You Are? USA** With country singer Reba McEntire.
8.00 **The Secret Life of Waves** David Malone investigates the importance of ocean waves.
9.00 **The Hunt for Lady Olive and the German Submarine** Exploring what happened to the German submarine *UC18* and Royal Navy Q-Ship the *Lady Olive*.
10.00 **The Ruth Ellis Files: A Very British Crime Story** 3/3. The three weeks leading up to Ruth Ellis's execution.
11.00 **Sian Phillips Remembers... Under Milk Wood**
11.10 **Under Milk Wood**
12.10 AM **Arena: Dylan Thomas – From Grave to Cradle**
1.15 **Dread Poets Society: Screen Play** Drama.
1.45 **Climbing Great Buildings**
2.15 **Who Do You Think You...**
2.45 **to 3.45** AM **The Ruth Ellis Files: A Very British...**

MORE4

136/137 831 | 147 | 18 | 124

8.55 AM **Kirstie's Handmade Treasures** Candy canes.
9.15 **A Place in the Sun**
10.05 **A New Life in the Sun**
11.05 **Find It, Fix It, Flog It**
1.05 PM **Car S.O.S**
2.05 **Four in a Bed**
4.50 **Chateau DIY** Janet and Phillip put their energy into finishing their Empire Suite.
5.50 **Car S.O.S** Fuzz Townshend and Tim Shaw get help from actor James Nesbitt. **6.55** Fuzz and Tim restore a 1965 German classic car.
7.55 **Grand Designs** GP Peter Berkin and his wife Chard, an alternative medicine practitioner, have decided to build a new home at the bottom of their garden, but cannot agree on any part of the design.
9.00 **Griff's Great Australian Rail Trip** Series finale 6/6. Griff Rhys Jones takes his first tandem parachute jump, over Uluru. His train next stops in the middle of the Outback near the opal mining town of Coober Pedy.
10.00 **Car S.O.S** Tim and Fuzz attempt to restore a Datsun 240k Skyline.
11.05 **Emergency Helicopter Medics** The medics help a man with a penetrating wound in his back.
1.10 AM **24 Hours in A&E**
3.20 **to 3.50** AM **Food Unwrapped**

+1 hour 236/237 | 347 | 125

E4

135/136 830 | 106 | 13 | 122

6.00 AM **Hollyoaks**
7.00 **Ramsay's Kitchen Nightmares USA**
8.00 **The Goldbergs**
9.00 **The Big Bang Theory**
10.00 **Young Sheldon**
11.00 **Married at First Sight Australia** Reality series.
12.30 PM **The Big Bang Theory**
2.00 **Young Sheldon**
3.00 **Modern Family**
4.00 **The Simpsons**
5.00 **The Big Bang Theory**
6.30 **The Simpsons**
7.00 **Hollyoaks** A grand party promises new beginnings for Frankie and Dillon.
7.30 **Married at First Sight Australia** New edition As Intimacy Week continues, some couples grow closer while others unravel.
9.00 **Love Triangle UK** New edition 6/10. With yet another shocking twist around the corner, some of the singles embrace their second shot at romance.
10.05 **Gogglebox** Opinions on *Squid Game, Family Fortunes* and *The Mating Game*.
11.10 **Naked Attraction**
12.15 AM **First Dates**
1.15 **Married at First Sight Australia** As 7.30pm.
2.30 **Love Triangle UK**
3.30 **Abbott Elementary**
4.00 **The Neighborhood**
4.50 **to 6.00** AM **Ramsay's Kitchen Nightmares USA**

+1 hour 235/236 | 306 | 30 | 123

Wednesday primetime primetime

WEDNESDAY Entertainment

Wednesday

Sky Witness

107 807 110 341 356

6.00 AM **Stop, Search, Seize**
7.00 **Motorway Patrol**
8.00 **Border Patrol**
9.00 **Border Security USA**
10.00 **Border Security: America's Front Line** Double bill.
11.00 **Bull** 3/16. (S5)
12.00 NOON **The Good Doctor** (S2)
1.00 PM **The Cleaning Lady** (S2)
2.00 **Chicago Fire** 3/13. Brett and Violet take a domestic dispute into their own hands. **3.00** 4/13. Julia spends time at Firehouse 51. (S12)
4.00 **Nothing to Declare**

9.00 The Equalizer

7 PM
7.00 **Nothing to Declare** Customs officials become suspicious about a Ferrari. **7.30** A Chinese national is questioned by officials.

8 PM
8.00 **FBI: Most Wanted** *Dysfunction:* 6/15. The team race to rescue a mother and daughter caught in a robbery. (S2)

9 PM
9.00 **The Equalizer** New episode *The Fight for Life:* McCall and Mel go undercover in a prison to find a missing woman. (S5)

10 PM
10.00 **Fire Country** *Pilot:* 1/22. First episodes. A prisoner joins a firefighting programme in his search for redemption. (S1)
11.00 **The Rookie** 2/22. (S5)
12.00 M'T **Law & Order: Organized Crime** 8/22. (S2)
1.00 AM **FBI: Most Wanted** (S2)
2.00 **The Good Doctor** 12/18. (S2)
3.00 **The Rookie: Feds** 20/22. (S1)
4.00 **Highway Patrol**
5.00 **to 6.00** AM **Road Wars**

+1 hour 207 310

Sky Atlantic

108/109 808 342 357

6.00 AM **Fish Town** Double bill.
8.00 **True Blood** 2&3/12. (S5)
10.00 **Six Feet Under** 8&9/13. (S2)
12.05 PM **Game of Thrones** (S6)
1.10 **Westworld** 4&5/10. (S2)
3.40 **True Blood** 2/12. Bill and Eric are interrogated by the vampire Authority. **4.40** 3/12. Debbie's parents arrive in Bon Temps. (S5)
5.45 **Six Feet Under** 8/13. The Fishers recall their last moments with Nathaniel. **6.50** 9/13. Nikolai proves a terrible patient. (S2)

7.55 Game of Thrones

7.55 **Game of Thrones** *Oathbreaker:* 3/10. Daenerys meets her future, Arya continues her training, and Tommen confronts the High Sparrow. (S6)

9.00 **The White Lotus** *Full-Moon Party:* 5/8. Dark comedy drama set in a luxury resort in Thailand. (S3)

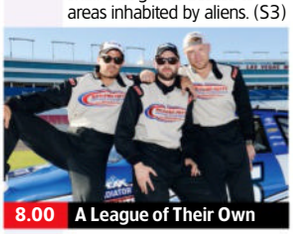
10.10 **Homicide: Life on the Street** *Partners:* 11/20. Russert's former partner is transferred into Homicide. (S3)
11.15 **Succession** 1/9. Kendall plans his next move. **12.35** AM 2/9. Kendall tries to find more allies. (S3)
2.00 NEW SERIES **Gangs of London** 1/8. Drama. (S3)
3.05 **Game of Thrones** As 7.55pm.
4.10 **to 6.00** AM **Urban Secrets**

+1 hour 208/209

Sky Max

113/114 813 111 346 361

6.00 AM **Hawaii Five-0** (S2)
8.00 **The Flash** 12/20. (S8)
9.00 **Stargate SG-1** 21&22/22. (S3)
11.00 **Supergirl** 1/22. (S2)
12.00 NOON **The Flash** 13/20. (S8)
1.00 PM **Hawaii Five-0** (S2)
3.00 **NCIS: Los Angeles** 4/21. (S14)
4.00 **S.W.A.T.** 4/18. (S4)
5.00 **Supergirl** 20/20. Kara heads into battle to save Earth from destruction. (S1)
6.00 **Stargate SG-1** 21/22. The team encounter a crystal skull that grants access to areas inhabited by aliens. (S3)


8.00 A League of Their Own

7.00 **Stargate SG-1** *Nemesis:* 22/22. Part one of two. A terrifying new creature threatens Earth. (S3)

8.00 **A League of Their Own US Road Trip** 3/4. Jamie, Jack and Andrew head to Las Vegas for their three final challenges.

9.00 **Rob Beckett's Smart TV** New edition Guests include David Mitchell and Anna Richardson.
9.50 **Hacks** *There Will Be Blood:* 1/8. Deborah looks forward to trying out her new material on the road. **10.30** 2/8. Deborah embraces tour life. (S2)
11.10 **Hacks** 3&4/8. (S2)
12.30 AM **Never Mind the Buzzcocks** With Beth Ditto, Megaman, Nick Grimshaw and Kimberly Wyatt.
1.30 **Road Wars** Double bill.
3.00 **NCIS: Los Angeles** 4/21. (S14)
4.00 **S.W.A.T.** 4/22. A bomber takes hostages at a college.(S1)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 816 115 6 113

6.00 AM **CITV**
9.00 **World's Funniest Videos**
9.55 **Love Bites** Double bill.
12.00 NOON **Dinner Date**
1.00 PM **Deal or No Deal**
2.00 **Supermarket Sweep**
3.00 **Charmed** 15/22. Piper meets an old flame. (S8)
4.00 **Gilmore Girls** 15/22. Lorelai is upset when she discovers that Luke has moved his boat. (S5)
5.00 **Dinner Date**
6.00 **Celebrity Catchphrase** With guests Nikki Fox, Robert Rinder and Georgia Taylor.

10.00 Plebs

7.00 **Deal or No Deal** Stephen Mulhern hosts as Kelly G takes on the Banker for the chance to win a life-changing cash prize.

8.00 **Ant & Dec's Limitless Win** Sisters Tina and Tracy take part, followed by childhood sweethearts Bianca and Ky.

9.00 **Hell's Kitchen** New edition 12/16. The contestants pull out all the stops to secure themselves a black jacket.

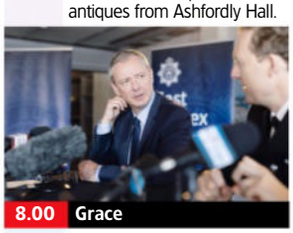
10.00 **Plebs** 5/6. The trio take in an attractive lodger. **10.30** 6/6. Marcus sees the midnight celebrations at a festival. (S1)
11.05 **Family Guy** 12/12. Peter causes havoc as a pirate. **11.35** 6/12. Peter campaigns for immigration rights after finding out he was born in Mexico. (S6)
12.05 AM **American Dad!** (S3)
1.05 **Bob's Burgers** (S13)
2.05 **to 3.00** AM **Plebs**

+1 hour 218 315 29 114

ITV3

119 117 10 115

6.00 AM **Classic Emmerdale**
7.00 **Classic Coronation Street**
8.10 **Inspector Morse**
10.35 **The Royal**
11.40 **Heartbeat** Double bill.
1.40 PM **Classic Emmerdale**
2.40 **Classic Coronation Street**
3.40 **Inspector Morse** *The Remorseful Day:* The detective takes on his final case.
6.00 **Heartbeat** *Strangers on a Train:* A serious assault leads the police to foil an audacious attempt to steal antiques from Ashfordly Hall.


8.00 Grace

7.00 **Heartbeat** *A Call to Arms:* The Aidensfield police are puzzled when a face from the past becomes a victim of vandalism.

8.00 **Grace** *You Are Dead:* Workers digging up a path by Hove lagoon unearth a dark secret that was meant to stay buried for good, and a link to another missing persons case leads to a hunt for a serial offender.

10.00 **Endeavour** *Uniform:* Bright order all hands on deck at Castle Gate after a uniformed officer is murdered.
11.55 **Trial & Retribution** 5/10. Part one of two. A convicted murderer sets out to prove his innocence. **12.50** AM 6/10. Part two of two. The hunt for Nick Fisher's murderer continues. (S11)
1.45 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 180 162 110

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **Crimewatch Caught** How serial killer John Cooper was convicted.
8.00 **Paramedics on Scene** A Paisley crew are called out to a man who may have suffered a stroke.
9.00 **Debate Night** New edition Topical discussion on the big issues affecting Scotland and beyond.
10.00 **River City** New episode A break-in at work leads to an unexpected spark between Gillian and DCI Douglas.
10.30 **Jules and Greg's Wild Swim** 2/6. The couple head to the Fife coast.
11.00 **Scotcast** New edition Topical discussion.
11.30 PM **to 12.00** M'T **The Disasters That Shocked Scotland** The Mull of Kintyre helicopter crash.

Sky Comedy

114/115 814 112 347 362

8.00 AM **Crashing** (S1)
9.10 **The Conners** (S2)
10.10 **Veep** 3&4/8. (S1)
11.20 **Ballers** (S1&2)
12.35 PM **Curb Your Enthusiasm** (S4&5)
2.25 **Veep** 3&4/8. (S1)
3.35 **Ballers** (S1&2)
4.45 **Crashing** 4&5/8. (S1)
5.55 **The Office (US)** (S9)
7.20 **The Conners** 1/20. (S2)
7.50 **Curb Your Enthusiasm** 10/10. Larry prepares for the opening night of *The Producers*. (S4)
9.00 **The Righteous Gemstones** New episode 2/9. The siblings search for their absent father. (S4)
9.50 **Ricky Gervais: Fame** Stand-up performance.
11.20 **The Tonight Show Starring Jimmy Fallon** New edition Talk show.
12.20 AM **Entourage** (S6)
1.35 **Sex and the City** (S4)
3.05 **Girls** 3&4/10. (S1)
4.25 **to 5.00** AM **Crashing**

Sky Arts

130/131 826 123 36 143 365

6.00 AM **John Wilson Orchestra Presents Cole Porter in Hollywood**
8.00 **Watercolour Challenge**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **Discovering**
12.00 NOON **Watercolour...**
1.00 PM **Tales of the...**
2.00 **John Wayne: America at All Costs**
3.00 **Discovering**
4.00 **Comedy Legends**
5.00 **Portrait Artist 2021**
6.00 **Tales of the Unexpected**
7.00 **Alfred Hitchcock Hour**
8.00 **Landscape Artist of the Year** New edition
9.00 **Artist of the Year: Masterclass** Double bill.
10.00 **Art's Wildest Movement**
11.15 **From the Vaults**
12.15 AM **Cover Your Ears**
2.15 **Brian Johnson Meets Dave Grohl**
3.45 **Isle of Wight Festival Greatest Hits**
4.10 **Comedy Legends**
5.10 **to 6.00** AM **Auction**

Sky Mix

151 135 11 141

7.00 AM **Nothing to Declare**
9.00 **Bondi Rescue**
10.00 **Highway Patrol**
11.00 **Nothing to Declare**
12.00 NOON **Motorway Patrol**
1.00 PM **Border Patrol**
2.00 **Bondi Rescue**
3.00 **Nothing to Declare**
4.00 **Journey's End: The Saga of Star Trek – The Next Generation**
5.00 **Stargate SG-1** (S1)
6.00 **Stargate Atlantis** (S2)
7.00 **Star Trek: Voyager** (S5)
8.00 **Hawaii Five-0** (S8)
9.00 **The Rookie** (S2)
11.00 **Britain's Most Evil Killers** The story of Pawel Relowicz, who raped and killed Hull student Libby Squire.
12.00 M'T **Snapped**
1.00 AM **Nothing to Declare**
2.00 **Brit Cops: Law & Disorder** Documentary.
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Be

131/132 119 28 119

7.40 AM **Buying the View**
8.10 **Billie and Greg: The Family Diaries**
9.10 **Fletchers' Family Farm**
10.15 **Buying and Selling**
11.10 **The Real Housewives of Dubai** Reality series.
12.05 PM **Billie and Greg: The Family Diaries**
1.10 **The Only Way Is Essex**
2.10 **Dinner Date**
3.10 **Scott's Vacation House Rules** New edition
4.05 **The Real Housewives of Dubai** Reality series.
5.00 **The Real Housewives of Atlanta** Reality series.
6.00 **Buying and Selling**
7.00 **Fletchers' Family Farm**
8.00 **Dinner Date**
9.00 **The Real Housewives Ultimate Girls' Trip**
10.05 **The Only Way Is Essex**
11.05 **Totally Unbelievable**
12.05 AM **The Only Way Is Essex** Reality series.
1.10 **Be Beautiful**
1.20 **to 1.30** AM **Unwind**

+1 hour 319

GREAT! tv

157 170 50

8.00 AM **Diagnosis Murder**
10.00 **Father Dowling Mysteries** 5/8. (S1)
11.00 **Highway to Heaven**
2.00 PM **Father Dowling Mysteries** 2/13. (S2)
3.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
7.00 **M*A*S*H** 5–8/25. (S4)
9.00 **Randall and Hopkirk (Deceased)** *But What a Sweet Little Room:* 13/26. Hopkirk reveals that the medium a missing woman visited is a fake. (S1)
10.00 **The Avengers** *Split!* 5/33. The murders of several British agents seem to be the work of an infamous spy. (S6)
11.00 **The Persuaders!** (S1)
12.00 M'T **M*A*S*H** (S4)
2.00 AM **Randall and Hopkirk (Deceased)**
3.00 **The Persuaders!** (S1)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 118 26 117

6.00 AM **Great Racehorses**
6.25 **Minder**
7.20 **The Sweeney**
8.25 **Robin of Sherwood**
9.35 **Magnum, PI**
10.35 **Kojak**
11.40 **BattleBots**
12.45 PM **LIVE Snooker: Players Championship** The afternoon session on day three from Telford International Centre.
5.00 **Football League Legends**
5.10 **River Monsters**
5.40 **BattleBots** New edition Riptide takes on Captain Shrederator.

7.20 The Sweeney

6.45 **LIVE Snooker: Players Championship** Jill Douglas presents coverage of the evening session on the third day from Telford International Centre, featuring the opening quarter-final played over the best of 11 frames. Analysis from Stephen Hendry, Alan McManus, Ken Doherty and Neal Foulds, and commentary by David Hendon and Phil Yates.

10.15 **River Monsters** Tracking down a deadly fish in southern Africa.
10.45 **Wrestling: AEW Collision** Hard-hitting wrestling action, featuring stars including FTR, Thunder Rosa and Miro.
12.40 AM **Ligue 1 Highlights**
1.15 **Minder**
2.10 **The Protectors**
2.45 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 836 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 18/26. (S4)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: Deep Space Nine** 7/26. (S7)
2.00 **Warehouse 13** 14/20. (S4)
3.00 **Stargate SG-1** 6/20. (S10)
4.00 **Star Trek: Voyager** (S3)
5.00 **Star Trek: Deep Space Nine**
6.00 **Star Trek: The Next Generation** 18/26. A parasite tries to transform Geordi into an alien being. (S4)

11.00 Supervolcano

7.00 **Warehouse 13** *The Sky's the Limit:* 14/20. Pete and Myka investigate murders linked to the world of high magic. (S4)
8.00 **Stargate SG-1** *200:* 6/20. Film-maker Martin Lloyd contacts the team looking for assistance in writing a movie script. (S10)
9.00 **Grimm** *Red Menace:* 9/22. A Russian creature with healing powers finds his dark past catching up with him. (S3)
10.00 **The Walking Dead** *Strangers:* 2/16. Rick leads a risky mission to a food bank as the supplies run low. (S5)
11.00 FILM **Supervolcano** Disaster thriller with Grant Bowler and McKenzie Westmore. (2021, PG, 90min) ★★
1.00 AM FILM **Poseidon Rex** Action thriller starring Brian Krause and Anne McDaniels. (2013, 15, 81min) ★★
3.00 **Train** 8/12. (S1)
4.10 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 809 114 343 358

7.15 AM **Murdoch Mysteries** (S12)
9.00 **Father Brown**
10.00 **The Doctor Blake Mysteries**
11.00 **Hudson & Rex** 6/20. (S5)
12.00 NOON **The Mentalist** (S5)
1.00 PM **Death in Paradise** (S2)
2.00 **Murdoch Mysteries** (S12)
4.00 **The Doctor Blake Mysteries**
5.00 **Hudson & Rex** 6/20. The co-owner of a successful board game company is found dead from a snake bite. (S5)
6.00 **Father Brown** *The Wrong Shape:* The priest investigates when a man is found hanged.

9.00 Miss Scarlet

7.00 **The Mentalist** *Red Letter Day:* 19/22. The team visit a dilapidated Wild West tourist town when the owner is found dead. (S5)
8.00 **White Collar** *Shot Through the Heart:* 11/13. Neal tries to track down an assassin who has been toying with him. (S5)
9.00 **Miss Scarlet** New episode *The Thames Reaper:* 3/6. A notorious serial killer is on the loose. (S5)
■ Entire series on U
10.00 **Death in Paradise** *Death in the Clinic:* 3/8. A body is found floating in the pool of a cosmetic surgery clinic. (S2)
11.00 **The Mentalist** As 7.00pm.
12.00 M'T **White Collar** As 8.00pm.
12.55 AM **Elementary** 18/24. Sherlock's father commissions Joan to investigate a missing person case. (S1)
1.55 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 810 124 344 359

7.00 AM **Highlights**
9.00 **On the Up**
9.35 **Are You Being Served?**
10.20 **Only Fools and Horses**
11.00 **Last of the Summer Wine**
12.20 PM **Keeping Up Appearances**
1.00 **On the Up**
1.40 **Dad's Army**
2.20 **Only Fools and Horses**
3.00 **Are You Being Served?**
3.40 **Last of the Summer Wine**
5.00 **On the Up**
5.40 **Keeping Up Appearances**
6.20 **Are You Being Served?**

5.40 Keeping Up Appearances

7.00 **Only Fools and Horses** Rodney's plans to make a film are spoiled by Del.
7.40 **Dad's Army** Mainwaring gives the platoon a lecture in communications. **8.20** The bumbling platoon use up all of their ammunition shooting at a passing aircraft.
9.00 **Men Behaving Badly** Dermot attempts to seduce Deborah. **9.35** A moment of madness costs Dermot his job, while Gary is offered a new post.
10.10 **Harry Enfield and Chums** Double bill of the comedy sketch show.
11.30 **The Royle Family** Jim and Nana fight over who is going to use the toilet first, and Antony displays his juggling skills.
12.10 AM **Inside No 9**
12.50 **Men Behaving Badly**
1.55 **Harry Enfield and Chums**
3.00 **to 4.00** AM **Inside No 9**

+1 hour 210/211 324

U&Dave

111/112 811 127 19 157

7.10 AM **World's Most Dangerous Roads** Babatunde Aléshé and Kae Kurd visit Zambia.
8.00 **Highland Cops**
9.00 **Border Force: America's Gatekeepers** Documentary.
10.00 **American Pickers**
12.00 NOON **Storage Hunters UK**
1.00 PM **Celebrity Storage Hunters** With Johnny Vegas.
2.00 **James May's Man Lab**
3.00 **Top Gear** Double bill.
5.00 **Hairy Bikers' Best of British**
6.00 **Rick Stein's Mediterranean Escapes** Rick visits Sardinia.

11.00 Taskmaster

7.00 **Would I Lie to You?** With Rhod Gilbert, Jamie Laing, Claudia Winkleman and Tracy-Ann Oberman.
7.40 **Richard Osman's House of Games** With Vikki Stone and Dan Walker. **8.20** With guests Maisie Adam, Ivo Graham, Dev Griffin and Zoe Lyons.
9.00 **QI XL** Jason Manford, Lucy Beaumont and Rhod Gilbert join regular panellist Alan Davies and host Sandi Toksvig.
10.00 **Have I Got a Bit More News for You** David Tennant hosts the satirical quiz, with Richard Osman and Lucy Beaumont.
11.00 **Taskmaster**
12.00 M'T **Mock the Week: The History Of...** The last-ever edition of the comedy show.
12.40 AM **Would I Lie to You? At Christmas** With Clive Myrie.
1.20 **Would I Lie to You?**
2.00 **to 4.00** AM **Big Zuu's Big Eats**

+1 hour 211/212 327 74

Wednesday 7 PM 8 PM 9 PM 10 PM

4seven

137/138 143 49 127

9.00 AM **Four in a Bed**
9.30 **Sun, Sea and Selling Houses** From Málaga.
10.30 **Find It, Fix It, Flog It**
11.30 **A Place in the Sun**
1.30 PM **A Place in the Sun: What Happened Next?**
2.30 **Come Dine with Me**
5.00 **A Place in the Sun: What Happened Next?**
6.00 **Location, Location, Location** From London.
7.00 **The Dog House**
9.00 **The Great Celebrity Bake Off for Stand Up to Cancer** Celebrities put their baking skills to the test, with new judge Caroline Waldegrave.
10.20 **Leaving Neverland 2: Surviving Michael Jackson** Documentary.
11.20 **Celebrity Gogglebox**
12.25 AM **Gogglebox**
1.30 **Super Surgeons: A Chance at Life**
2.30 **999: On the Front Line**
3.35 **24 Hours in A&E**
4.30 **to 5.00** AM **Unreported World**

5USA

141/169 120/162 21 129

9.00 AM **Entertainment News**
9.10 **NCIS** 2-4/24. (S13)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Reasonable Doubts:* 19/24. A US Navy Officer's tangled love-life is exposed after he is murdered. **7.00** *Charade:* 20/24. Tony's identity is stolen by fraudsters seeking to blackmail US senators. **8.00** *Return to Sender:* 21/24. Gibbs and TC Fornell hunt two British fugitives. (S13)
9.00 **Criminal Minds** *Target Rich:* 7/22. JJ returns in time to help search for a missing college student. **10.00** *Awake:* 8/22. The agents try to get inside the mind of a Phoenix kidnapper. (S11)
11.00 **Law & Order: Special Victims Unit** (S17&16)
2.45 AM **The Good Wife**
3.35 **to 4.00** AM **Motorway Patrol**

+1 hr 241/269 320/362 130

5STAR

128/129 126 32 131

8.00 AM **Rich Kids Go Skint**
9.00 **Bargain-Loving Brits in the Sun** Documentary.
10.00 **Nightmare Tenants, Slum Landlords**
11.00 **Traffic Cops** Triple bill.
2.00 PM **Police Interceptors**
5.00 **Shoplifters: Caught Red Handed**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **999: Emergency Call Out** Documentary.
10.00 **Accused: Guilty or Innocent?** New edition 5/8. Investigating the death of a man outside of a nightclub.
11.00 **Skin A&E** Documentary.
12.00 M'T **Prodigal Son**
2.00 AM **Casualty 24/7: Every Second Counts**
2.50 **Police Interceptors**
3.35 **to 4.00** AM **Home and Away**

+1 hour 228/229 326 140

5Action

150 130 33 132

9.00 AM **Entertainment News**
9.10 **Car Pound Cops**
9.35 **Outback Truckers**
10.35 **Traffic Cops**
11.35 **Police Interceptors**
12.35 PM FILM **Comanche Territory** Western with Macdonald Carey. (1950, U, 75min) ★★
2.10 FILM **Belle Starr** Western adventure starring Gene Tierney. (1941, PG, 87min) ★★★
4.00 **Outback Truckers**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
8.00 **Motorway Cops: Catching Britain's Speeders** Documentary.
9.00 **Police Interceptors**
10.00 **Police Code Zero: Officer Under Attack**
11.00 FILM **Death Wish** Thriller with Bruce Willis and Vincent D'Onofrio. (2018, 18, 107min) ★★★
1.10 AM **Police Interceptors**
2.10 **to 4.00** AM **Trucking Hell**

U&W

132/133 827 125 25 156

6.10 AM **Inside the Ambulance**
7.00 **My Dream Home**
8.00 **Tipping Point**
11.00 **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **DIY SOS: The Big Build**
7.00 **MasterChef Junior USA** New edition In the first team challenge, the chefs prepare meals for the Harlem Globetrotters.
8.00 **Cops on the Rock** Customs officers spring into action after news of a sinking boat.
9.00 **Hungry for It**
10.15 **Joe Wicks: Facing My Childhood** Documentary.
11.35 **First Responders**
12.30 AM **Stacey Dooley: Face to Face with the Bounty Hunters**
1.35 **Alex Jones: Making Babies** Documentary.
2.25 **to 3.00** AM **Inside the Ambulance**

+1 hour 232/233 325

U&Drama

143 116 20 158

7.10 AM **All Creatures Great and Small**
8.00 **Doctors**
9.15 **Classic Holby City**
10.35 **Classic Casualty**
11.40 **The Bill**
12.40 PM **Classic EastEnders**
2.00 **Eldorado**
3.15 **Bergerac**
4.20 **All Creatures Great...**
5.20 **One Foot in the Grave**
6.00 **As Time Goes By**
6.40 **Last of the Summer Wine** Double bill.
8.00 NEW SERIES **The Marlow Murder Club** 1/6. Return of the mystery drama. **9.00** New episode 2/6. Judith, Becks and Suzie are tested. *See feature, page11.* (S2)
■ Entire series on U
10.00 **New Tricks**
11.20 **Bergerac**
12.20 AM **Lovejoy**
2.40 **to 4.00** AM **Classic Holby City**

+1 hour 243 316 60

SKY HD SD VIRGIN HD FREEVIEW HD FREESAT HD EE HD

WEDNESDAY Entertainment

Really
142 128 17 145

6.00 AM **Fantasy Homes by the Sea** In Northumbria.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
10.00 **Money for Nothing**
12.00 NOON **Escape to the Country** Double bill.
2.00 PM **Antiques Road Trip**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Antiques Road Trip** Anita Manning conducts some expensive French transactions. **8.00** Paul Laidlaw and Margie Cooper compete.
9.00 **My 600lb Life** New edition Former EMT first responder Jonathan must break the cycle of eating if he wants to keep his wife and his life.
11.00 **Dr Pimple Popper**
12.00 M'T **Help! My House Is Haunted** Double bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge
145 139 48 142

7.00 AM **The Chase**
10.00 **The Bidding Room**
11.00 **Play Your Cards Right**
12.00 NOON **Tenable**
1.00 PM **Family Fortunes**
3.00 **Catchphrase**
4.00 **Blockbusters**
5.00 **Bullseye** Double bill of the darts-based quiz.
6.00 **The Bidding Room** Items include a collection of printing plates and a retro Olivetti typewriter.
7.00 **Tenable** Warwick Davis hosts as five car insurance claims handlers from Swansea take part.
8.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
10.00 **Tenable** As 7.00pm.
11.00 **Bullseye** Double bill.
12.00 M'T **Weakest Link** Quiz with Anne Robinson.
1.00 AM **The Crystal Maze**
2.00 **The Chase** Double bill.
4.00 **Tenable** As 7.00pm.
5.00 **to 6.00** AM **Bullseye**

GREAT! action
323 426 42

8.10 AM **Wanted: Dead or Alive** Western drama.
8.50 **Jack Hunter**
11.00 **The High Chaparral**
12.00 NOON **Wanted: Dead or Alive** Double bill.
1.00 PM **FILM Apache Ambush** Western. (1955, U, 68min) ★★
2.30 **FILM Bite the Bullet** Adventure. (1975, PG, 131min) ★★★★
5.30 **Wanted: Dead or Alive**
7.00 **The High Chaparral**
8.00 **The Avengers**
9.00 **FILM French Connection II** Crime thriller sequel. (1975, 18, 119min) ★★★★
11.30 **FILM The Hatton Garden Job** Drama with Stephen Moyer. (2017, 15, 93min) ★★★
1.30 AM **FILM Solar Attack** Sci-fi disaster movie. (2005, PG, 90min) ★★
3.20 **to 5.00** AM **Wild West Chronicles**
+1hour 324

GREAT! movies
321 425 34

9.00 AM **FILM Lost Letter Mysteries: From the Heart** (2016, PG) ★★
11.00 **FILM Lost Letter Mysteries: One in a Million** Crime drama. (2016, PG, 84min) ★★
1.00 PM **FILM Washed Away** Thriller. (2017, PG) ★★
3.00 **FILM Secrets that Kill** Thriller. (2020, 12) ★★
5.05 **FILM An Aurora Teagarden Mystery: A Bone to Pick** Thriller. (2015, PG, 84min) ★★
7.00 **Sue Thomas: F.B.Eye**
9.00 **FILM War for the Planet of the Apes** Adventure sequel. (2017, 12, 140min) ★★★★
11.35 **FILM Cut Bank** Thriller. (2014, 15, 93min) ★★
1.35 AM **FILM Deadly Hack** Thriller. (2018, 12) ★
3.30 **Air Rescue**
4.00 **to 6.00** AM **FILM Deadly Switch** Thriller. (2019, PG, 97min) ★★
+1hour 322

GREAT! romance
319 424 52

8.00 AM **FILM Love, Take Two** (2019, PG) ★★
10.05 **FILM Love Takes Flight** Drama. (2019, PG) ★★
12.05 PM **FILM Zoe's Having a Baby** Comedy drama. (2023, U, 90min) ★★
2.00 **FILM Cooking Up Love** Drama. (2020, PG) ★★
4.05 **FILM The Baker's Son** Fantasy. (2021, PG) ★★
6.00 **FILM Baked with a Kiss** Romantic comedy. (2022, PG, 90min) ★★
8.00 **FILM PREMIERE Two Chefs and A Wedding Cake** Romantic comedy. (2022, U, 91min) ★★
10.00 **FILM One Summer** Drama with Sam Page. (2021, PG, 84min) ★★
11.55 **FILM Meet Me in New York** Romantic drama. (2022, PG, 85min) ★★
1.50 AM **Highway to Heaven**
3.00 **to 5.00** AM **FILM Sunrise in Heaven** Drama. (2019, PG) ★★
+1hour 320 63

Rewind TV
182 95

6.00 AM **Highlights**
9.00 **Stereo Underground**
10.00 **The Monkees** (S1)
10.30 **Watching** 13/32. (S3)
11.00 **Married... with Children**
11.30 **Bewitched** 17/36. (S1)
12.00 NOON **Shine on Harvey Moon** 1/6. (S2)
1.00 PM **Jason King** (S1)
2.00 **Return of the Saint**
3.00 **Space 1999** 2/24. (S1)
4.00 **Stereo Underground**
5.00 **Married... with Children**
5.30 **Watching** 2/6. (S3)
6.00 **Bewitched** 17/36. (S1)
6.30 **The Monkees** (S1)
7.00 **Fantasy Island** (S1)
8.00 **Return of the Saint**
9.00 **Jason King** 17/26. (S1)
10.00 **Game On** 4/6. (S3)
10.35 **Drop the Dead Donkey**
11.05 **The Mrs Merton Show**
11.40 **Hammer House of Horror** 7/13. (S1)
12.40 AM **Space 1999** (S1)
1.40 **That's My Dog**
2.05 **Monkey** 2/26. (S1)
3.00 **to 6.00** AM **Highlights**

DMAX
159 169 39 147

6.00 AM **Alaska: The Last Frontier** Double bill.
8.00 **Outback Opal Hunters**
9.00 **Deadliest Catch**
11.00 **Alaska: Homestead Rescue** Double bill.
1.00 PM **Aussie Gold Hunters**
3.00 **Yukon Gold**
5.00 **Alaskan Bush People**
7.00 **Deadliest Catch** The *Billokin* crew hope to make up for their slow start before it's too late. **8.00** The crews race back to port to be the first to unload their cargo.
9.00 **Alaska: Homestead Rescue** A young couple struggle to keep their homestead afloat in torrential Texas weather.
11.00 **Aussie Gold Hunters**
12.00 M'T **Naked and Afraid XL** Documentary.
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Building Alaska**
+1hour 259 369 153

Food Network
140/141 190 43 148

6.00 AM **Michel Roux's Provence Masterclass**
7.00 **The Pioneer Woman**
9.00 **Jamie's 15 Minute Meals**
11.00 **Great British Bake Off**
12.30 PM **Paul Hollywood: City Bakes** As 8.30pm.
1.00 **Michel Roux's Provence Masterclass**
2.00 **Michel Roux's French Country Cooking**
3.00 **The Pioneer Woman**
5.00 **Jamie's 15 Minute Meals**
7.00 **Great British Bake Off**
8.30 **Paul Hollywood: City Bakes** A look at baking in the world's best cities.
9.00 **Michel Roux's Provence Masterclass**
10.00 **Marcus in the Med: Mallorca** Double bill.
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food with Casey Webb**
2.00 **to 3.00** AM **Guy's Grocery Games**
+1hour 240/241 154

Legend
148 149 41 137

8.00 AM **Walker, Texas Ranger** 22/26. (S3)
9.00 **Six Million Dollar Man**
10.00 **T.J. Hooker** 19/23. (S4)
11.00 **FILM Sherlock Holmes** Mystery with Ben Syder. (2010, 12, 89min) ★★
1.00 PM **The Curse of King Tut's Tomb** Double bill.
4.30 **The Twilight Zone** (S3)
5.00 **Star Trek** 16/26. (S2)
6.00 **T.J. Hooker** 20/23. (S4)
7.00 **Six Million Dollar Man**
8.00 **Walker, Texas Ranger**
9.00 **FILM Looper** Time-travel thriller with Joseph Gordon-Levitt. (2012, 15, 119min) ★★★★
11.20 **FILM Steel Sharks** Action adventure starring Gary Busey. (1996, 18, 91min) ★
1.15 AM **FILM Under Suspicion** Thriller starring Liam Neeson. (1991, 18, 100min) ★★
3.15 **to 5.00** AM **FILM Office Uprising** Comedy horror. (2018, 15, 92min) ★★

Legend Xtra
317 171 69 138

6.00 AM **FILM Malibu Shark Attack** As 5.00pm.
8.00 **Delete** Sci-fi thriller.
10.00 **Farscape** 2/22. (S3)
11.00 **FILM Ape vs Monster** Action sci-fi adventure starring Quinn Baker. (2021, 12, 88min) ★★
1.00 PM **Delete** Sci-fi thriller.
3.00 **Farscape** 2/22. (S3)
4.00 **Star Trek** 24/26. (S2)
5.00 **FILM Malibu Shark Attack** Disaster movie starring Peta Wilson. (2009, 15, 120min) ★★
7.00 **Farscape** 3/22. (S3)
8.00 **Star Trek** 25/26. (S2)
9.00 **FILM Unchained** Crime thriller starring Adrien Brody, John Malkovich and Rory Culkin. (2017, 15, 115min) ★★
10.55 **FILM Wired Shut** Thriller starring Blake Stadel and Natalie Sharp. (2021, 15, 95min) ★★
1.00 **to 3.00** AM **FILM Unchained** As 9.00pm.
+1hour 318 371 139

Blaze
164 174 64 161

6.00 AM **Dickinson's Real Deal** From Lancaster.
6.40 **Pawn Stars** Double bill.
7.30 **Container Wars**
7.55 **Storage Hunters**
8.55 **Hardcore Pawn**
10.15 **UFO Hunters**
11.10 **Conspiracy Files**
11.40 **National Park Mysteries**
12.10 PM **Proof Is Out There**
1.05 **Storm Stories**
2.05 **Pawn Stars** Double bill.
3.05 **Storage Hunters**
4.00 **Ancient Aliens**
6.00 **UFO Hunters**
7.00 **Storage Hunters**
8.00 **Dickinson's Real Deal**
9.00 **What on Earth?**
10.00 **Mysteries from Above**
11.00 **Bermuda Triangle: Into Cursed Waters**
1.00 AM **UFO Hunters**
2.00 **Conspiracy Files**
2.30 **National Park Mysteries**
3.00 **Hardcore Pawn**
3.25 **Counting Cars**
4.10 **to 6.00** AM **Ancient Aliens**

5SELECT
153 138 46 133

9.00 AM **World's Most Scenic Railway Journeys**
10.00 **Cornwall: A Year by the Sea** Surfing lessons.
11.00 **Ben Fogle: New Lives in the Wild** Double bill.
1.00 PM **The Yorkshire Vet**
3.00 **Murder, She Wrote**
4.00 **Columbo**
6.00 **Scenic Railway Journeys**
7.00 **Ben Fogle: New Lives in the Wild** Ben journeys into the heart of Zambia. **8.00** Ben travels to the Azores islands.
9.00 **Prague with Michael Portillo** Michael explores Prague's food scene.
10.00 **Menorca: Jewel of the Med** A profile of the Mediterranean island.
11.00 **Prisoner: Cell Block H**
1.00 AM **The Madame Blanc Mysteries** 5&6/6. (S3)
3.00 **The Madame Blanc Mysteries Christmas Special** From 2024.
3.50 **to 4.00** AM **Entertainment News**

HGTV
158 191 44 149

7.00 AM **Building Alaska**
8.00 **A Place in the Sun**
10.00 **Escape to the Country**
12.00 NOON **My Lottery Dream Home**
2.00 PM **A Place in the Sun**
3.00 **Escape to the Country**
5.00 **A Place in the Sun**
8.00 **The Great Interior Design Challenge** Transforming former workers' cottages in the town of Saltaire.
9.00 **Good Bones** Mina and Karen buy a very small house which comes with big problems.
10.00 **Home Town** Ben and Erin give help to a couple searching for a home in Mississippi.
11.00 **Flip or Flop** Double bill.
12.00 M'T **Good Bones**
1.00 AM **Building Alaska**
2.00 **Home Town**
3.00 **to 4.00** AM **My Lottery Dream Home**
+1hour 258/262 391

TLC
133/134 828 165

7.00 AM **Extreme Cheapskates**
8.00 **Flip or Flop**
9.00 **Say Yes to the Dress**
11.00 **My 600lb Life**
12.00 NOON **Dr Pimple Popper** Medical series.
1.00 PM **7 Little Johnstons**
2.00 **Return to Amish**
3.00 **Little People, Big World**
5.00 **My 600lb Life**
6.00 **Dr Pimple Popper**
7.00 **Say Yes to the Dress**
7.30 **Sister Wives**
8.00 **Seeking Sister Wife**
9.00 **Love Off the Grid** New edition
10.00 **You, Me & My Ex**
11.00 **Sex Sent Me to the ER**
12.00 M'T **Body Bizarre**
1.00 AM **Extreme Cheapskates**
2.00 **You, Me & My Ex**
3.00 **Sex Sent Me to the ER**
4.00 **Seeking Sister Wife**
5.00 **to 6.00** AM **Extreme Couponing**
+1hour 233/234 365

Comedy Central
112/113 812 132 345 360

8.00 AM **Most Ridiculous**
9.00 **Guessable?**
10.00 **Home Improvement**
12.00 NOON **Last Man Standing** 3&4/22. (S4)
1.00 PM **Friends** (S2)
9.00 **Jack Whitehall Gets Around** Stand-up show.
10.00 **8 Out of 10 Cats** With guests Mark Watson and Louise Redknapp. **10.30** With Johnny Vegas and Joe Lycett.
11.00 **Teachers** New episode 6/20. Comedy. (S3)
11.30 **Jimmy Carr: Comedy Central Live**
12.00 M'T **Jimmy Carr: Comedy Central Live 2**
12.30 AM **Whose Line Is It Anyway? USA**
1.30 **South Park** (S6)
2.30 **Al Murray: One Man, One Guvnor Uncut**
3.50 **The Daily Show** New edition Talk show.
4.15 **to 5.00** AM **Friends**
+1hour 212/213 332

Comedy Cen. Extra
127/128 154

6.00 AM **Home Improvement**
7.00 **Teleshopping**
9.00 **Impractical Jokers**
10.00 **Becker** 18&21/24. (S3)
11.00 **Friends** 7-10/24. (S8)
1.00 PM **Criminally Funny**
2.30 **Impractical Jokers**
3.00 **Whose Line Is It Anyway? USA**
4.00 **Guessable?**
5.00 **Becker** 18&21/24. (S3)
6.00 **Home Improvement**
8.00 **Last Man Standing** 3/22. Mike and Ed argue over the future of the brand. **8.30** 4/22. Boyd becomes terrified of leaving the house. (S4)
9.00 **South Park** (S1,19&20)
2.00 AM **Key & Peele**
3.00 **Ugly Americans** (S1&2)
3.45 **The Complaints Department**
4.30 **Jimmy Carr: Comedy Central Live** Stand-up.
4.50 **Jimmy Carr: Comedy Central Live 2**
5.15 **to 6.00** AM **Home Improvement**

Sky Replay
152 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Four Weddings**
10.00 **Nothing to Declare**
11.00 **Border Patrol**
12.00 NOON **DC's Legends of Tomorrow** (S1&2)
2.00 PM **Motorway Patrol**
3.00 **UK Border Force**
4.00 **Border Patrol**
5.00 **Sun, Sea and A&E**
6.00 **Highway Cops**
7.00 **The Ark** 11&12/12. (S1)
9.00 **UK Border Force**
11.00 **Road Wars** The Road Crime Unit make a surprise discovery in a vehicle on the M5.
12.00 M'T **The Russell Howard Hour**
1.00 AM **A League of Their Own Road Trip: Southeast Asia**
2.00 **The Overlap on Tour**
3.00 **Duck Quacks Don't Echo** Lee Mack hosts.
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

MTV
126/127 824 134

6.00 AM **Daria** 8/13. (S3)
6.20 **16 and Pregnant**
7.10 **Teen Mom OG**
9.00 **Teen Mom 2**
11.00 **Catfish: The TV Show**
1.00 PM **Catfish: The TV Show** Double bill.
3.00 **Catfish: Meltdowns**
4.00 **Catfish: The TV Show**
5.00 **Catfish: Wannabees**
6.00 **Catfish: The TV Show**
7.00 **Teen Mom: The Next Chapter** Maci gets an unexpected job offer. **8.00** New edition Mackenzie begins IVF.
9.00 **Help! I'm in a Secret Relationship!** New edition Matt is ready to move in with Danny.
10.00 **Catfish: The TV Show**
11.00 **The Challenge: All Stars** New edition
12.00 M'T **Ridiculousness** New edition
12.30 AM **Ridiculousness**
1.00 **Ink Master** Double bill.
2.45 **Ex on the Beach**
3.35 **to 4.00** AM **Teen Cribs**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 823 177 320 325

6.00 AM **How It's Made: Dream Cars** Double bill of editions.
7.00 **Treehouse Masters**
9.00 **Kindig Customs**
11.00 **Wheeler Dealers**
1.00 PM **Alaska: Homestead Rescue** Double bill.
3.00 **The Last Woodsmen**
5.00 **Deadliest Catch** John and Andy fight to save their anchor and the boat. Plus, an orca befriends the *Northwestern*.
6.00 **Wheeler Dealers** Mike and Ant finally get hold of a 1969 Datsun Roadster.

10.00 Filthy Fortunes

7.00 Salvage Hunters Drew Pritchard is on the lookout for items as he travels to Norway to browse a collection of car parts.

8.00 Hoffman Family Gold Desperate to run more paydirt, Todd fires up the weathered and worn Big Trommel.

9.00 Gold Divers New edition Chris McCully pushes his fancy new equipment to the brink, while Vernon and his rookie diver clash.

10.00 Filthy Fortunes New edition Matt Paxton tackles a hoard in the Pennsylvania woods filled with high-value guns.

11.00 **Mystery at Blind Frog Ranch**
12.00 M'T **Mountain Monsters** Appalachian investigators head to Lincoln County to investigate the Hellhound.
1.00 AM **Gold Divers** As 9.00pm.
2.00 **Filthy Fortunes** As 10.00pm.
3.00 **Texas Metal** Documentary.
4.00 **to 5.00** AM **Moonshiners**

+1 hour 225/226 377

Animal Planet

162/175 178

8.00 AM **Tanked** An aquarium.
9.00 **Pit Bulls & Parolees**
10.00 **My Cat from Hell**
11.00 **Animal Cops Philadelphia**
12.00 NOON **Tanked**
1.00 PM **Pit Bulls & Parolees**
2.00 **Celebrity Animal Encounters**
3.00 **Crikey! It's the Irwins**
4.00 **My Cat from Hell**
5.00 **Lone Star Law** Wardens respond to a call about an illegal deer hunting case.
6.00 **Tanked** A California restaurant is looking for a tank for their new location in Santa Monica.

8.00 Sharkwrecked

7.00 Pit Bulls & Parolees Tia rescues a puppy living in filthy conditions, and two owners want a companion for their dog.

8.00 Sharkwrecked: Crash Landing A unique exploration of the world's most remote and shark-infested waters.

9.00 Sharktacular 2016 Eli Roth hosts with sneak peeks, viral videos and the greatest sharks in Shark Week history.

10.00 Edge of Alaska A tragedy leaves one McCarthy resident fighting for their life, while Neil defies nature.

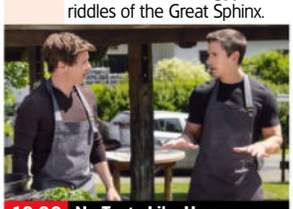
11.00 **The Zoo** A feisty camel develops a tooth issue. **12.00** M'T Giraffes Jigsaw and Zizi are paired for breeding, and a donkey gets a new toy.
1.00 AM **Edge of Alaska**
2.00 **My Cat from Hell**
3.00 **Lone Star Law**
4.00 **to 5.00** AM **Tanked**

+1 hour 262/275 378

Nat Geographic

129/130 825 183

8.00 AM **Food Factory**
9.00 **Air Crash Investigation: Special Report**
10.00 **World War II: Secrets from Above** German and Italian forces threaten Egypt.
11.00 **Rocky Mountain Railroad**
12.00 NOON **Car S.O.S**
2.00 PM **Air Crash Investigation**
3.00 **Drain the Oceans**
4.00 **Nazi Megastructures**
5.00 **Car S.O.S** A Willys Jeep targeted by arsonists.
6.00 **Lost Treasures of Egypt** The riddles of the Great Sphinx.



10.00 No Taste Like Home

7.00 Air Crash Investigation Wreckage from a crash contradicts the pilots' explanation, but the evidence tells another tale.

8.00 NEW SERIES **Destruction Decoded** Archive footage of disasters, featuring the 10 worst crashes in motorsport history.

9.00 Car S.O.S Fuzz Townshend and Tim Shaw get their hands on a Mazda MX5 that needs putting back on the road.

10.00 No Taste Like Home with Antoni Porowski New edition Antoni takes James Marsden from the Texas plains to Germany.

11.00 **Air Crash Investigation**
12.00 M'T **Mysterious Islands**
1.00 AM **UFOs: Investigating the Unknown** Documentary.
2.00 **Made in a Day**
2.30 **Lords of War** Double bill.
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **Secrets of the Zoo: Keeper Tales**

+1 hour 229/230 383

Sky History

123/124 821 131 353 368

6.00 AM **American Pickers**
6.50 **Digging for Britain**
7.45 **Rust Valley Restorers**
8.45 **Forged in Fire**
9.35 **Auction Kings**
10.05 **Storage Wars** Four editions.
12.00 NOON **Mountain Men**
1.00 PM **Rust Valley Restorers**
2.00 **History's Greatest Aircraft**
4.00 **Curse of the Ancients**
5.00 **Pawn Stars** A rare first edition copy of *Anne of Green Gables*.
6.00 **American Pickers** A California almond farm serves up a stash of retro surf shop relics.

10.00 Mysteries Unearthed

7.00 Forged in Fire Bladesmiths recreate Attila the Hun's Sword of Mars, and forge a fantasy blade from a meteorite.

8.00 Digging for Britain Alice Roberts examines a gatehouse riddled with Civil War bullets, and a unique Iron Age shield.

9.00 Tales from Oak Island New edition As digging continues, the money pit becomes suddenly flooded with water.

10.00 Mysteries Unearthed with Danny Trejo New edition Valuable treasures, found in the most unlikely of ways.

11.00 **Prison Chronicles** The Hanoi Hilton in Vietnam. **11.30** The Sing Sing Facility.
12.00 M'T **Paranormal: Caught on Camera**
1.00 AM **Rust Valley Restorers**
2.00 **Ancient Aliens**
3.00 **Forged in Fire**
4.00 **to 6.00** AM **Storage Wars**

+1 hour 223/224 331

U&Yesterday

155 846 129 27 159

6.10 AM **Antiques Roadshow**
8.00 **World War Weird**
9.00 **Nazi Murder Mysteries**
10.00 **Secrets of the London Underground** Double bill.
12.00 NOON **The Americas with Simon Reeve** As 12.00m't.
1.00 PM **Antiques Roadshow**
2.00 **Bangers & Cash**
4.00 **World War Weird** A series of murders during the Blitz.
5.00 **Nazi Murder Mysteries**
6.00 **Antiques Roadshow** Fiona Bruce presents the show from Cromer seafront in Norfolk.

8.00 Great Coastal Railway...

7.00 Our Guy in China Guy Martin explores Beijing, visiting a hub of the market for selling rare and exotic supercars.

8.00 Great Coastal Railway Journeys Michael Portillo travels to Spurn Point. **8.30** Michael arrives in the port town of Grimsby.

9.00 Great Canal Journeys Timothy West and Prunella Scales explore the waterways of north-west England.

10.00 Bangers & Cash Derek's search for the unusual lands him a 1947 Lea Francis that is half made of wood.

11.00 **Find It, Fix It, Flog It** Henry Cole gives Simon O'Brien a motorcycling masterclass.
12.00 M'T **The Americas with Simon Reeve** Simon travels down the Rocky Mountains from Montana to Colorado.
1.00 **to 3.00** AM **Antiques Roadshow**

+1 hour 255 329

Wednesday

7 PM 8 PM 9 PM 10 PM

Quest

144 834 137 12 150 144

6.00 AM **Junkyard Empire**
8.00 **American Pickers**
9.00 **Aussie Gold Hunters**
12.00 NOON **The Repair Shop**
3.00 PM **Shed and Buried**
4.00 **Find It, Fix It, Flog It**
6.00 **The Repair Shop**
8.00 **The Yorkshire Auction House** A widow discovers her late husband's collection is worth a fortune. **9.00** Angus unearths a collection of ancient Greek and Roman artefacts in Derbyshire.
10.00 **The Derbyshire Auction House** Irita supports a grieving daughter as she parts with a trainset that belonged to her late father.
11.00 **How Do They Do It?**
1.00 AM **Junkyard Empire**
3.00 **Find It, Fix It, Flog It**
4.00 **to 5.00** AM **How It's Made**

+1 hr 244 337 70 151

Quest Red

149 168 40 146

6.00 AM **Say Yes to the Dress: UK** Double bill.
7.00 **Curvy Brides Boutique**
8.00 **Say Yes to the Dress: Lancashire**
9.00 **Say Yes to the Dress**
11.00 **Forensic Detectives**
12.00 NOON **Married with Secrets** Crime series.
1.00 PM **The Perfect Murder**
2.00 **Murder on CCTV**
3.00 **Crime Stories**
4.00 **American Monster**
6.00 **People Magazine Investigates** A crime solved after 47 years
7.00 **A Killer's Mistake**
8.00 **Murder on CCTV**
9.00 **Signs of a Psychopath** New editions Double bill.
10.00 **Deadly Women**
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** Documentary.
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 152

True Crime

146 148 67 135

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Murder by the Sea** An arrogant hotelier gets away with murdering his wife in 1982.
8.00 **Secrets of a Murder Detective** Detective Keogh and SIO Terry Crompton discuss the 2016 murder of Yang Liu.
9.00 **Fatal Attraction** New edition In Detroit, a cop's wife is killed in what looks like a robbery.
10.00 NEW SERIES **Millionaire Murders** When Anthony Ashley-Cooper vanished, family feared he had been kidnapped.
11.00 **Handsome Devils**
12.00 M'T **Nightmare Next Door** Documentary.
1.00 AM **Fatal Attraction**
2.00 **Millionaire Murders**
3.00 **Murder in Paradise**
4.00 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 172 68 134

9.00 AM **A Stranger in My Home** Double bill.
11.00 **Medical Detectives**
2.00 PM **A Stranger in My Home** Double bill.
4.00 **Medical Detectives** A woman's apparent accidental death begins to look suspicious. **4.30** How a forensic anthropologist discovered the truth about a death. **5.00** The discovery of evidence helps detectives piece together a case. **5.30** A bomb detonates in a rural home. **6.00** The body of a woman is found 20 years after she vanished. **6.30** How detectives caught a murder suspect within 12 hours.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 820 121 349 364

6.00 AM **Highway Cops**
7.00 **Stop, Search, Seize**
8.00 **Road Wars**
9.00 **Brit Cops: Rapid Response** Documentary.
10.00 **The Force: Manchester**
11.00 **Forensics: Catching...**
12.00 NOON **How I Caught the Killer** Documentary.
1.00 PM **The Real Manhunter**
2.00 **Made for Murder**
3.00 **Most Evil Killers**
5.00 **Forensics: Catching the Killer** True-crime.
6.00 **How I Caught the Killer**
7.00 **Most Evil Killers**
9.00 **Murder Next Door**
10.00 **How I Caught the Killer**
11.00 **Forensics: Catching the Killer** True-crime.
12.00 M'T **Most Evil Killers**
1.00 AM **How I Caught the Killer** Documentary.
2.00 **Snapped** Double bill.
4.00 **Motorbike Cops**
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 222/223 321

PBS America

173 187 84 155

8.00 AM **America the Bountiful** Documentary.
8.35 **Mafia's Greatest Hits**
9.40 **Living in the Shadow of World War Two**
10.50 **Spy Ops** As 8.35pm.
11.55 **The Irish Civil War**
1.00 PM **America the Bountiful** Exploring the history of the oyster in South Carolina.
1.50 **Mafia's Greatest Hits**
2.55 **Living in the Shadow of World War Two**
4.00 **Spy Ops** As 8.35pm.
5.15 **The Irish Civil War**
6.20 **Mafia's Greatest Hits**
7.30 **Living in the Shadow of World War Two**
8.35 **Spy Ops** New edition The United States invades Panama to depose its de facto ruler.
9.45 **The Irish Civil War**
10.55 **Living in the Shadow of World War Two**
12.00 M'T **Spy Ops**
1.10 **to 2.00** AM **America the Bountiful**

SKY HD SD VIRGIN HD FREEVIEW HD FREESAT HD EE HD

WEDNESDAY

Sky Documentaries

121/122 819 188 352 367

6.00 AM **Rolling Stone: Stories from the Edge**
7.00 **Discovering: Bruce Willis**
8.00 **The Directors**
8.55 **The Vietnam War**
10.00 **Kings from Queens: The...**
10.55 **Hostages** 3/4. Documentary.
12.00 NOON **Scouting for Girls: Fashion's Darkest Secret**
3.00 PM **Urban Secrets**
4.00 **The Directors**
5.00 **Discovering: Bruce Willis**
5.55 **The Vietnam War**
7.00 **Kings from Queens: The Run DMC Story** 3/3. Documentary.
8.00 **Eyes on the Prize III** New edition 2/6. The disproportionate impacts of the criminal justice system on the black community.
9.00 **Bruno v Tyson** Documentary.
10.50 **Terry Venables: A Man Can Dream** Documentary.
12.50 AM **FILM Dogtown and Z-Boys** Documentary. (2001, 15) ★★★
2.40 **FILM The Armstrong Lie** Documentary. (2013, 15) ★★★★
5.00 **to 6.00** AM **Discovering: Bruce Willis**

Sky Nature

124/125 822 189 354 369

6.00 AM **Ol Pejeta Diaries**
7.00 **Monkey Life**
8.00 **Secrets of Wild Australia**
9.00 **Dawn to Dusk**
10.00 **Wildlife Icons**
11.00 **Animals Like Us**
12.00 NOON **Islands**
1.00 PM **Monkey Life**
2.00 **Secrets of Wild Australia**
3.00 **Dawn to Dusk**
4.00 **Wildlife Icons**
5.00 **Deep Dive Australia**
6.00 **Islands** The wildlife on Baffin.
7.00 **Monkey Life** Double bill.
8.00 **Volcanic Odysseys** Life in Indonesia where small active volcanos erupt every 15 minutes.
9.00 **Arabian Seas** The sharks and rays that patrol Arabia's coral reefs for their prey.
10.00 **Islands** The wildlife on Baffin.
11.00 **Deep Dive Australia**
12.00 M'T **Animals Like Us**
1.00 AM **Into the Wild: India**
2.00 **Volcanic Odysseys**
3.00 **Arabian Seas**
4.00 **Secrets of Wild Australia**
5.00 **to 6.00** AM **Dawn to Dusk**

Sky History 2

163/168 840 186

6.00 AM **Ancient Aliens**
8.00 **History's Greatest Mysteries**
9.00 **Weeks of War**
10.00 **What on Earth?**
11.00 **Ancient Aliens**
1.00 PM **Digging Up Britain's Past**
2.00 **Digging for Britain**
3.00 **Lost Worlds**
4.00 **Weeks of War**
5.00 **The Proof Is Out There**
5.55 **What on Earth?**
6.50 **Ancient Aliens: The Ultimate Evidence** Inventor Nikola Tesla's possible association with aliens.
7.50 **Revolutions That Changed History** The complex truth of the Spartacus Revolt.
9.00 **The Real War of Thrones** The death of Henry II and political strategy of Philip II.
10.00 **History's Greatest Mysteries**
11.00 **Guns That Changed the Game**
12.00 M'T **Ancient Aliens**
2.00 AM **Digging for Britain**
3.00 **Celts: The Untold Story**
4.00 **Ancient Aliens: The Ultimate Evidence** As 6.50pm.
5.00 **to 6.00** AM **The Proof Is Out There**

Crime+Investigation

156 837 133

6.00 AM **Homicide: Hours to Kill**
7.00 **Homicide Hunter**
8.00 **The First 48**
9.00 **Meet, Marry, Murder**
10.00 **Hometown Tragedy**
11.00 **An Hour to Kill**
12.00 NOON **Buried in the Woods: Secrets of the Hollywood Hills**
1.00 PM **Somebody's Hiding...**
2.00 **Secrets of the Morgue**
3.00 **Robbie Coltrane's Critical Evidence**
4.00 **Meet, Marry, Murder**
5.00 **On the Case with Paula Zahn**
6.00 **After the First 48**
7.00 **The First 48**
8.00 **Hometown Tragedy** New editions Double bill.
9.00 **When Missing Turns to Murder**
10.00 **Gypsy Rose: Life After Lock Up**
11.00 **Homicide Hunter**
12.00 M'T **Very Scary People**
2.00 AM **When Missing Turns to...**
3.00 **Britain's Darkest Taboos**
4.00 **Somebody's Hiding Something**
5.00 **to 6.00** AM **On the Case with Paula Zahn**

+1 hour 256 333

WILD

165 841 182

8.00 AM **Secrets of the Zoo**
9.00 **World's Deadliest**
10.00 **Africa's Hunters**
11.00 **Africa's Deadliest**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Legend of the Giant Squid**
3.00 **Day of the Dragon**
4.00 **Secrets of the Zoo**
5.00 **The Incredible Dr Pol**
6.00 **Snakes in the City**
7.00 **Secrets of the Zoo** A new-born sea lion pup struggles to stay alive.
8.00 **Snakes in the City: Venomous Face-Off** New edition Compilation of highlights from the series.
9.00 **Ten Deadliest Snakes with Nigel Marven** A look at snakes from the Philippines.
10.00 **Alaska: The Next Generation**
11.00 **Ice Road Rescue**
12.00 M'T **Monster Fish**
1.00 AM **Lawless Island**
2.00 **Fish Tank Kings**
3.00 **Secrets of the Zoo**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 181

7.00 AM **Tony Robinson's VE Day: Minute by Minute**
8.00 **Kings of Construction**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **Expedition Unknown**
2.00 PM **NASA's Unexplained Files**
3.00 **How the Universe Works**
4.00 **Treasure Quest: Snake Island**
5.00 **Mysteries at the Museum**
7.00 **Contact Project** An eyewitness in Kansas reveals photographic evidence of a UFO landing site.
8.00 **Tony Robinson's VE Day: Minute by Minute** The actor examines a pivotal day in the history of the modern world, looking at the key events that made VE Day such a momentous 24 hours.
9.00 **Salvage Hunters: Classic Cars**
10.00 **Shed and Buried**
11.00 **Blowing Up History**
1.00 AM **How the Universe Works**
2.00 **NASA's Unexplained Files**
3.00 **to 5.00** AM **Expedition Unknown**

+1 hour 274 381

U&Eden

166 176 57 160

9.00 AM **Abandoned Engineering**
1.00 PM **Abandoned Engineering**
5.00 **The Bill** *Canley Fields:* Three dog teams and TSG join the search when a child is abducted. **5.30** *The Night Watch:* Roach and Martella respond to a report of sexual assault. **6.00** *Trojan Horse:* SO13 arrive at Barton Street to interview a car thief. **6.30** *Rites:* Monroe leads the investigation into a bomb blast.
7.00 **Top of the Pops** Triple bill featuring classic chart-toppers.
9.00 **The Brokenwood Mysteries** *The Dark Angel:* 4/4. A couple stumble upon the body of an elderly man in the old hospital wing of an abandoned mental health facility, strapped to a gurney with electrodes connected to his temples. (S5)
11.00 **The Bill** Four episodes.
1.15 AM **Top of the Pops**
3.05 **The Brokenwood Mysteries**
4.45 **Abandoned Engineering**
5.30 **to 6.00** AM **The Bill**

+1 hour 266 376

ID

154 166

8.00 AM **American Detective with Lt Joe Kenda**
9.00 **Disappeared**
11.00 **Reasonable Doubt**
1.00 PM **The Killer Beside Me**
3.00 **Evil Lives Here**
5.00 **The Lies That Bind**
7.00 **Disappeared: The Bradley Sisters** Retired detectives Pam Childs, Judy Rolston, and Ed Caroll revisit the case that has haunted Chicago since 2001 – the disappearance of Tionda and Diamond Bradley.
9.00 **I Went Undercover** An illicit love triangle ends in murder. When secret tapes emerge, a tale of friendship, love and betrayal engulfs a small Missouri town.
10.00 **Crime Scene Confidential** CSI Alina Burroughs investigates a furniture store massacre.
11.00 **Faking It: Tears of a Crime** The crimes of Craig Savage.
12.00 M'T **Martin Kemp's Murder Files**
2.00 AM **The Lies That Bind**
4.00 **to 6.00** AM **Disappeared: The Bradley Sisters**

+1 hour 254 366

Discovery Turbo

161/172 180

6.00 AM **Extreme RVs**
7.00 **Kindig Customs**
8.00 **Mega Shippers**
9.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Shed and Buried: Classic Cars** Transforming a Model A Ford pick-up truck.
1.00 PM **Junkyard Empire**
2.00 **Wheeler Dealers**
3.00 **Salvage Hunters: Classic Cars**
4.00 **Richard Hammond's Workshop**
6.00 **Salvage Hunters: Classic Cars**
7.00 **Shed and Buried**
8.00 **Richard Hammond's Workshop** Richard and the Cogs restore a car in front of a live audience at CarFest.
9.00 **Iron Resurrection**
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 M'T **Richard Hammond's...**
1.00 AM **Shed and Buried: Classic...**
2.00 **Iron Resurrection**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **Speed Is the New Black**

+1 hour 261/272

Films

Sky Cinema Premiere

301 401 501 515

6.10 AM **Thelma** As 2.30pm.
7.55 **Horizon: An American Saga – Chapter 1** As 9.50pm.
11.05 **Fight or Flight** As 8.00pm.
12.55 PM **Harold and the Purple Crayon** Family adventure. (2024, PG, 87min) ★★★
2.30 **Thelma** Action comedy. (2024, 12, 98min) ★★★★
4.20 **AfrAld** As shown at 1.00am.
6.00 **The Watched** Horror thriller starring Dakota Fanning. (2024, 15, 102min) ★★

2.30 Thelma

8.00 Fight or Flight Action thriller starring Josh Hartnett. A mercenary is assigned a target on a flight, but when rival assassins board the plane, the hunter and the hunted team up. (2025, 15, 98min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 Horizon: An American Saga – Chapter 1 Western directed by and starring Kevin Costner. A cowboy goes on the run with a prostitute and a young boy after killing a fellow gunman. With Sienna Miller. (2024, 15, 181min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.00 AM **AfrAld** Sci-fi horror. (2024, 15, 84min) ★★
2.40 **Skincare** Dark comedy thriller. (2024, 18, 86min) ★★★
4.30 **The Cinema List: Biopic**
4.50 **to 6.35** AM **Blood for Dust** Thriller starring Scoot McNairy. (2023, 15, 98min) ★★★

Sky Cinema Hits

303 403 503 517

6.00 AM **Dangerous Waters** (2023)
7.55 **Please Don't Destroy: The Treasure of Foggy Mountain**
9.45 **Hypnotic** As 12.45am.
11.35 **Valentine's Day** Comedy. (2010, 12, 125min) ★★★
1.45 PM **The Terminal** Steven Spielberg's comedy drama. (2004, 12, 129min) ★★★★
4.00 **The King's Speech** Drama. (2010, 12, 118min) ★★★★★
6.10 **Dunkirk** World War Two drama. (2017, 12, 106min) ★★★★★

8.00 Saving Private Ryan

8.00 Saving Private Ryan Steven Spielberg's acclaimed World War Two drama starring Tom Hanks, Tom Sizemore, Edward Burns and Matt Damon. A small team of US soldiers are sent to find and rescue a young private whose three brothers have been killed in action. (1998, 15, 169min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.50 Two Weeks Notice Romantic comedy starring Sandra Bullock and Hugh Grant. (2002, 12, 101min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.45 AM **Hypnotic** Action thriller. (2023, 15, 93min) ★★★
2.35 **Please Don't Destroy: The Treasure of Foggy Mountain** Comedy. (2023, 15) ★★★
4.20 **to 6.10** AM **Dangerous Waters** Thriller starring Odeya Rush. (2023, 15, 101min) ★★★

Sky Cinema Drama

310 410 510 524

8.25 AM **North Hollywood** (2021)
10.05 **Carmen** As shown at 12.10am.
12.10 PM **Ordinary Angels** Drama. (2024, 12, 113min) ★★★★
2.20 **One Life** Historical drama. (2023, 12, 105min) ★★★★
4.15 **Dallas Buyers Club** Drama. (2013, 15, 114min) ★★★★
6.20 **North Hollywood** Comedy drama with Ryder McLaughlin. (2021, 15, 93min) ★★★

8.00 **Spotlight** Oscar-winning fact-based drama starring Mark Ruffalo and Michael Keaton. A team of journalists investigate a conspiracy to cover up child abuse in the Catholic church. (2015, 15, 129min) ★★★★★
10.20 **The Breakfast Club** John Hughes' comedy drama about five very different students who discover common bonds while spending a Saturday in detention. Stars Emilio Estevez. (1984, 15, 97min) ★★★★★

12.10 AM **Carmen** Musical with Paul Mescal. (2022, 15, 116min) ★★★
2.20 **The Swimmer** Israeli drama. (2021, 18, 84min) ★★★
3.55 **Chuck Chuck Baby** Drama. (2023, 15, 101min) ★★★★
5.50 **to 7.30** AM **Widow Clicquot** Drama. (2023, 15) ★★★★

Sky Cinema Sci-fi/Horror

311 411 511 525

6.55 AM **Sick** As 3.20am.
8.25 **Ready Player One** Adventure. (2018, 12, 140min) ★★★★
10.50 **Resident Evil: Afterlife** Sci-fi horror thriller sequel. (2010, 15, 96min) ★★★
12.40 PM **Minority Report** Thriller. (2002, 12, 145min) ★★★★
3.10 **A.I. Artificial Intelligence** Steven Spielberg's sci-fi fantasy. (2001, 12, 145min) ★★★★

5.50 **Star Trek Beyond** Adventure. (2016, 12, 122min) ★★★★
8.00 **It** Stephen King chiller starring Bill Skarsgård. A group of bullied New England kids band together to destroy a demonic clown. (2017, 15, 135min) ★★★★
10.25 **Friday the 13th** Horror sequel starring Jared Padalecki and Danielle Panabaker. A hockey-masked killer terrorises a group of young people when they visit the infamous Crystal Lake. (2009, 18, 97min) ★★

12.15 AM **Dashcam** Horror with Annie Hardy. (2021, 18, 80min) ★★★
1.45 **The Harbinger** Horror thriller. (2022, 15, 87min) ★★★★
3.20 **Sick** Horror starring Gideon Adlon. (2022, 18, 83min) ★★★
4.55 **to 6.50** AM **Slingshot** Thriller. (2024, 15, 108min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 406 506 520

7.45 AM **Blueback** As 12.15am.
9.30 **Robo-Dog** As 9.10pm.
11.05 **Hot Dog Derby** As 10.45pm.
12.30 PM **Little Vampire** Animation. (2020, PG, 85min) ★★★
2.00 **Pan** Fantasy prequel to *Peter Pan*. (2015, PG, 111min) ★★★
4.00 **The Spiderwick Chronicles** Fantasy. (2008, PG) ★★★★
5.40 **Johnny English** Comedy. (2002, PG, 88min) ★★★
7.20 **Monster Trucks** Fantasy. (2016, PG, 104min) ★★★

7.20 Monster Trucks

Monster Trucks (film started at 7.20pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.10 **Robo-Dog** Family sci-fi adventure with Michael Campion. An inventor replaces his son's dead dog with a mechanical version, equipped with all kinds of gadgets. (2015, PG, 87min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.45 **Hot Dog Derby** Family comedy starring Jason London and Alicia Witt. (2013, U, 82min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **Blueback** Family drama. (2022, PG, 102min) ★★★
2.00 **The Secret Kingdom** Fantasy. (2023, PG, 98min) ★
3.45 **Patch Adams** Comedy drama. (1998, 12, 115min) ★★
5.45 **to 7.20** AM **Big Fat Liar** Teen comedy with Frankie Muniz. (2002, PG, 88min) ★★★

Sky Cinema Action

307 407 507 521

7.15 AM **Hounds of War** Thriller. (2024, 15, 95min) ★★★
9.00 **The Amazing Spider-Man** Fantasy. (2012, 12) ★★★
11.20 **The Amazing Spider-Man 2** Fantasy sequel. (2014, 12) ★★★
1.45 PM **The Legend of Tarzan** Adventure. (2016, 12) ★★★
3.40 **The Mummy: Tomb of the Dragon Emperor** Adventure. (2008, 12, 112min) ★★★
5.35 **Man of Steel** Fantasy. (2013, 12, 143min) ★★★

10.40 King of Killers

8.00 **Superman Returns** Superhero adventure starring Brandon Routh, Kate Bosworth and Kevin Spacey. After a five-year absence, Superman returns to discover that arch enemy Lex Luther is threatening humanity yet again. With James Marsden, Parker Posey and Frank Langella. (2006, 12, 154min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.40 **King of Killers** Action thriller starring Frank Grillo and Alain Moussi. (2023, 15, 92min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.20 AM **The Old Way** Western. (2023, 15, 95min) ★★
2.05 **Shrapnel** Action thriller. (2023, 15, 89min) ★★
3.45 **Once Upon a Time in Mexico** Thriller with Antonio Banderas. (2003, 15, 102min) ★★★
5.40 **to 7.30** AM **R.I.P.D** Action comedy. (2013, 12) ★★★

Sky Cinema Comedy

308 408 508 522

6.50 AM **The Edge of Seventeen**
8.40 **Crazy Rich Asians** Comedy. (2018, 12, 120min) ★★★★
10.45 **The Men Who Stare at Goats** Comedy. (2009, 15) ★★★
12.25 PM **The Invention of Lying** Comedy. (2009, 12) ★★★★
2.10 **Mamma Mia! Here We Go Again** (2018, PG) ★★★★
4.10 **Mean Girls** Musical comedy. (2023, 12, 112min) ★★★
6.05 **How to Be Single** Comedy. (2016, 15, 107min) ★★★

6.05 How to Be Single

8.00 **How to Lose a Guy in 10 Days** Romantic comedy starring Kate Hudson and Matthew McConaughey. A journalist sets out to seduce and then alienate an adman, but her target has his own agenda. With Kathryn Hahn. (2003, 12, 116min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **The Big Lebowski** Offbeat comedy thriller from the Coen brothers, starring Jeff Bridges and John Goodman. (1998, 18, 117min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **Everybody Wants Some!!** Richard Linklater's comedy. (2016, 15, 117min) ★★★★
2.00 AM **The Edge of Seventeen** Coming-of-age comedy drama. (2016, 15, 104min) ★★★★
3.50 **LaRoy, Texas** Crime caper. (2023, 15, 112min) ★★★★
5.45 **to 7.30** AM **Swede Caroline** Comedy starring Jo Hartley. (2024, 15, 98min) ★★★

Sky Cinema Thriller

309 409 509 523

6.35 AM **Kindred** Horror thriller. (2021, 15, 101min) ★★★
8.30 **Public Enemies** Biopic. (2009, 15, 140min) ★★★★
10.55 **Jason Bourne** Action thriller. (2016, 12, 123min) ★★★
1.10 PM **Ocean's Twelve** Thriller. (2004, 12, 125min) ★★★★
3.30 **Retribution** Action thriller. (2023, 12, 91min) ★★
5.15 **Zero Dark Thirty** Kathryn Bigelow's fact-based drama. (2012, 15, 157min) ★★★★★

5.15 Zero Dark Thirty

8.00 **Ocean's Thirteen** Caper thriller sequel starring George Clooney, Brad Pitt, Matt Damon and Al Pacino. A charismatic thief and his hand-picked gang of crooks plot an elaborate revenge against a megalomaniac casino owner. With Ellen Barkin (2007, PG, 122min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 **John Wick** Action thriller, starring Keanu Reeves. A former assassin who has turned his back on violence is provoked into a murderous rage when a criminal kills his dog. (2014, 15, 101min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.10 AM **John Wick: Chapter 2** Thriller sequel starring Keanu Reeves and Ian McShane. (2017, 15, 122min) ★★★★
2.25 **The Royal Hotel** Thriller. (2023, 18, 91min) ★★★
4.10 **to 6.40** AM **Child 44** Thriller. (2015, 15, 134min) ★★★

Film4

313 855 428 14 300

■ **Films start at 11.00am**
11.00 AM **The Ghost and Mrs Muir** Comedy. (1947, b/w, U) ★★★★
1.10 PM **Cockleshell Heroes** War drama. (1955, U, 94min) ★★★
3.10 **The Swimmer** Offbeat drama. (1967, PG, 94min) ★★★★★
5.00 **Anne of the Indies** Adventure. (1951, U, 81min) ★★★
6.40 **Indiana Jones and the Kingdom of the Crystal Skull** Steven Spielberg's adventure. (2008, 12, 122min) ★★★

6.40 Kingdom of the Crystal...

Indiana Jones and the Kingdom of the Crystal Skull (film started at 6.40pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Conan the Barbarian** Action fantasy adventure starring Jason Momoa and Rachel Nichols. A young warrior grows up determined to wreak revenge on the evil warlord who slew his father. With Stephen Lang. (2010, 15, 112min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.15 **Boss Level** Action comedy starring Frank Grillo and Mel Gibson. A former Special Forces operative wakes every day, stuck in a time loop with assassins trying to kill him. (2021, 15, 100min) ★★★
1.15 **to 3.50** AM **Rules Don't Apply** Fact-based drama directed by and starring Warren Beatty. (2016, 12, 121min) ★★★★

+1hour 314 430 47 301

Sky Cinema Originals

302 402 502 516

6.00 AM **Riverdance: The Animated Adventure** Family animation. (2021, U, 90min) ★★★
7.35 **Paws of Fury: The Legend of Hank** Animated family comedy. (2022, PG, 98min) ★★★
9.15 **The Amazing Maurice** Animated family adventure. (2022, PG, 93min) ★★★★
10.50 **The Last Rifleman** As 1.55am.
12.35 PM **The Bricklayer** As 12.00m't.
2.30 **Fight or Flight** Action thriller. (2025, 15, 98min) ★★★
4.15 **Absolution** Action thriller. (2024, 15, 112min) ★★★
6.10 **Save the Cinema** Fact-based comedy drama with Samantha Morton. (2021, 12, 109min) ★★★
8.00 **Lee** Biopic of World War Two photographer Lee Miller, starring Kate Winslet and Andy Samberg. (2023, 15, 117min) ★★★
10.00 **The Dry** Crime drama with Eric Bana and Genevieve O'Reilly. (2020, 15, 117min) ★★★★
12.00 M'T **The Bricklayer** Thriller. (2023, 15, 110min) ★★
1.55 AM **The Last Rifleman** Drama. (2022, 15, 115min) ★★★
3.40 **Marlowe** Crime thriller. (2022, 15, 110min) ★★
5.35 **to 6.30** AM **Sky Cinema Preview**

Sky Cinema Classics

304 404 504 518

6.35 AM **Stalag 17** As 4.10am.
8.40 **High Noon** Vintage Western. (1952, b/w, U, 85min) ★★★★★
10.10 **The Italian Job** Crime caper. (1969, PG, 100min) ★★★★★
12.05 PM **Last Action Hero** Fantasy. (1993, 15, 130min) ★★★
2.20 **Enter the Dragon** Thriller. (1973, 18, 97min) ★★★★
4.05 **The Birds** Hitchcock horror. (1963, 15, 118min) ★★★★★
6.10 **Gremlins** Comedy horror fantasy starring Zach Galligan. (1984, 12, 106min) ★★★★
8.00 **Gremlins 2: The New Batch** Horror comedy fantasy sequel starring Zach Galligan and Phoebe Cates. A horde of scaly Gremlins is unleashed on the occupants of a New York skyscraper. With John Glover. (1990, 12, 107min) ★★★
10.00 **The Exorcist** Occult horror chiller starring Max von Sydow. (1973, 18, 121min) ★★★★★
12.05 AM **The Birds** As 4.05pm.
2.15 **Fist of Fury** Martial arts thriller starring Bruce Lee and Nora Miao. (1972, 18, 106min) ★★★
4.10 **to 6.20** AM **Stalag 17** World War Two comedy drama starring William Holden. (1953, b/w, PG, 120min) ★★★★★

Sky Cinema Animation

305 412 500 514

7.50 AM **Pil's Adventures** Animated adventure. (2021, U, 89min) ★★
9.30 **Migration** Animated comedy. (2023, U, 83min) ★★★
11.05 **The Swan Princess: The Secret of the Castle** Animated sequel. (1997, U, 89min) ★★
12.30 PM **Teenage Mutant Ninja Turtles: Mutant Mayhem** Animated fantasy adventure. (2023, PG, 99min) ★★★★
2.20 **Madagascar** Animated comedy. (2005, U, 86min) ★★★
3.55 **Madagascar: Escape 2 Africa** Animated comedy sequel. (2008, PG, 89min) ★★★
5.35 **Wallace & Gromit: The Curse of the Were-Rabbit** Animation. (2005, U, 85min) ★★★★★
7.10 **The Nut Job** Animated family comedy. (2014, U, 85min) ★★★
8.45 **Two by Two** (2015, U) ★★
10.20 **Deep Sea** (2023, PG) ★★★
12.20 AM **Fox and Hare Save the Forest** (2024, U) ★★★
1.40 **The Swan Princess** Animated musical. (1994, U, 89min) ★★★
3.20 **Tad the Lost Explorer and the Secret of King Midas** Animated adventure. (2017, U, 85min) ★★★
4.55 **to 6.25** AM **Batman Unlimited: Monster Mayhem** Animation. (2015, PG, 76min) ★★★

Movies 24

312 419

7.00 AM **A Nashville Legacy** Comedy. (2023, PG, 85min) ★★
9.00 **Autumn at Apple Hill** Comedy. (2024, PG, 84min) ★★
11.00 **Cut, Color, Murder** Mystery. (2022, PG, 84min) ★★
1.00 PM **The Date Whisperer** Romantic drama starring Jenna Michno. (2023, PG, 87min) ★★
3.00 **Love on Retreat** Romantic drama. (2023, PG, 85min) ★★
5.00 **His and Hers** Romantic drama. (2024, PG, 90min) ★★
7.00 **The Best Version of Love** Romantic comedy with Natasha Wilson and Preston Vanderslice. (2023, PG, 86min) ★★
9.00 **Marry Go Round** Romantic comedy drama starring Amanda Schull and Brennan Elliott. A woman preparing to marry discovers that her divorce from her high-school sweetheart was never finalised. With Jaycie Dotin. (2022, PG, 84min) ★★
11.00 **Romantic Rewrite** Romantic comedy. (2022, PG, 82min) ★★
1.00 AM **An American in Austen** Comedy. (2024, PG, 84min) ★★
3.00 **to 5.00** AM **My Dreams of You** Drama. (2024, PG, 90min) ★★

Movies 24+ 315 420

Talking Pictures

328 445 82 306

6.00 AM **Amos Burke, Secret Agent**
7.00 **October Moth** Drama. (1960, b/w, PG, 54min) ★★★
8.10 **Race for the Yankee Zephyr** Adventure. (1981, PG, 108min) ★
10.20 **The Night My Number Came Up** Offbeat thriller. (1955, b/w, U, 94min) ★★★
12.20 PM **Grand National Night** Thriller with Michael Hordern. (1953, b/w, PG, 81min) ★★
1.55 **The Brothers** 2/14. (S4)
3.00 **The Stranger Wore a Gun** Western starring Randolph Scott. (1953, U, 83min) ★★
4.40 **The Life and Legend of Wyatt Earp** 33/33. (S1)
5.15 **The Texan** 32/37. (S1)
5.50 **Four Days** Drama starring Hugh McDermott and Kathleen Byron. (1951, b/w, PG, 55min) ★★★
7.00 **Z Cars** 29/31. (S10)
8.00 **Manhunt** 16/26. (S1)
9.05 **Maigret** 2/4. (S7)
10.55 **In Suspicious Circumstances**
12.00 M'T **Maigret** 8/13. (S4)
1.05 AM **Gloria** Crime thriller. (1980, 15, 121min) ★★★★
3.30 **Casbah** Romantic adventure. (1948, b/w, PG, 94min) ★★
5.10 **A Lifetime Ago with The Baim Collection**
5.30 **to 6.00** AM **Richard Diamond**

Wednesday

Sky Sports Main Event

401 511 501 419 439

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
10.00 **The Football Show**
12.00 NOON **Lunchtime Live**
2.00 PM **Sports Desk** Sports news, with live analysis and comments.
3.00 LIVE **WTA & ATP Tennis** Coverage of the second day of the Miami Open, a hard-court tournament staged at Miami Gardens in Florida, featuring men's and women's first-round singles matches. There was plenty of success for the British men in the opening round last year, with Dan Evans, Jack Draper and Andy Murray all progressing.
3.00 AM **Sky Sports News**
5.00 **to 6.00** AM LIVE **DP World Tour Golf** Coverage of the opening day's play of the Porsche Singapore Classic staged at Laguna National Golf Resort Club in Singapore. This is just the third staging of this event after its inception in 2023, with South Africa's Ockie Strydom claiming the first ever win at this competition that year with a score of 19-under-par, just one stroke clear of Sami Valimaki.

Sky Sports Premier League

402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Highlights**
10.00 **The Football Show**
12.00 NOON **Gary Neville's Soccerbox**
1.00 PM **Premier League Highlights** Everton v West Ham United. **1.30** Action from Southampton v Wolverhampton Wanderers. **2.00** Highlights of Manchester City v Brighton & Hove Albion. **2.30** Bournemouth v Brentford. **3.00** Newcastle United v Crystal Palace staged at St James' Park. **3.30** Arsenal v Chelsea. **4.00** Highlights from Leicester City v Manchester United. **4.30** Fulham v Tottenham Hotspur at Craven Cottage.
5.00 **Premier League Best Goals**
6.00 **PL 100: Petr Cech**
6.30 **PL 100: Paul Scholes**
7.00 **Premier League Stories**
7.30 **PL 100: Thierry Henry**
8.00 **Gary Neville's Soccerbox**
9.00 **Premier League Stories**
9.30 **Premier League 100 Club**
10.00 **Premier League Icons**
11.00 **Premier League Years**
1.00 AM **PL Retro** Archive action.
3.00 **PL Greatest Games**
4.00 **Premier League Best Goals**
5.30 **to 6.00** AM **PL 100 Club**

Sky Sports Football

403 513 503 421 441

6.00 AM **Celtic's Invincibles**
7.00 **Henrik Larsson: 20 Years On**
8.00 **Best Goals: EFL Cup 2023/24**
8.30 **EFL Trophy** The 2023/24 final.
9.00 **EFL Greatest Games**
10.00 **EFL Cup Highlights**
11.00 **Old Firm Derby Best Goals**
11.30 **Edinburgh Derby Best Goals**
12.00 NOON **Best Goals: EFL Cup**
12.30 PM **Scottish Premiership Round-Up** Top-flight action.
12.45 **SPFL Highlights**
1.15 **EFL Highlights**
2.00 **Bundesliga Highlights Show**
3.00 **EFL Highlights**
4.30 **Scottish Premiership Round-Up**
4.45 **SPFL Highlights**
5.15 **Best Goals: EFL Cup 24/25**
5.45 **EFL Highlights**
7.00 **Best Goals: EFL Cup 24/25**
7.30 **EFL Highlights** Championship.
9.00 **Bundesliga Highlights Show**
10.00 **EFL Highlights**
11.30 **EFL Greatest Games**
12.00 M'T **EFL Cup Retro** Birmingham City v Arsenal in the 2011 final.
2.00 AM **Best Moments from the League 1 & 2 Play-Off Final**
2.30 **EFL Greatest Games**
4.00 **Championship Season Review**
5.00 **Best Goals: EFL Cup 2021/22**
5.30 **to 6.00** AM **EFL Trophy**

Sky Sports Cricket

404 514 504 422 442

6.00 AM **IPL** Highlights from India.
8.00 **ICC Champions Trophy Cricket**
9.00 **IPL** Tournament highlights.
11.00 **History of the ICC Champions Trophy** Reflect on the previous editions of the tournament.
12.00 NOON **IPL** Highlights from India.
4.00 PM **ICC Men's Cricket World Cup '23 – Made In India** A look at India's passion for cricket.
5.30 **Best of ICC WT20** India v Pakistan in the 2007 final. **5.45** Highlights of England v the Netherlands from 2009.
6.00 **IPL** Action from Chennai Super Kings v Kolkata Knight Riders. **7.00** Highlights from Lucknow Super Giants v Gujarat Titans.
8.00 **History of the ICC Champions Trophy** Reflect on the previous editions of the tournament.
9.00 **IPL** Highlights from Mumbai Indians v Delhi Capitals at Wankhede Stadium, Mumbai. **10.00** Chennai Super Kings v Royal Challengers Bengaluru.
11.00 **WPL** Action from UP Warriorz v Mumbai Indians in Lucknow.
12.00 M'T **IPL** Highlights from India.
2.00 AM **WPL** Recent action.
5.00 **to 6.00** AM **IPL**

Sky Sports Golf

405 515 505 423 443

6.00 AM **Ladies European Tour Golf**
8.00 **The Open Zone**
8.30 **Playing Lessons**
9.00 **TGL** New York v Los Angeles.
11.00 **Ladies European Tour Golf**
12.00 NOON **The Open Zone**
12.30 PM **Playing Lessons**
1.00 **TGL** Atlanta Drive v The Bay.
3.00 **Ladies European Tour Golf**
4.00 **The Open Zone** Women's Open.
4.30 **Playing Lessons** Golf tips.
5.00 **Ladies European Tour Golf**
6.00 **PGA Tour Champions**
7.00 **PGA Tour: The Cut**
7.30 **Tour Golf Highlights**
8.00 **TGL** Atlanta Drive v The Bay.
10.00 **PGA Tour: The Cut**
10.30 **Tour Golf Highlights**
11.00 **PGA Tour Champions**
12.00 M'T **Ladies European Tour Golf**
1.00 AM **The Players Championship**
2.00 **PGA Tour: The Cut**
2.30 **PGA Tour Champions**
3.30 **Ladies European Tour Golf**
4.30 **PGA Tour: The Cut**
5.00 **to 6.00** AM LIVE **DP World Tour Golf** Coverage of day one of the Porsche Singapore Classic.

Sky Sports Tennis

407 537 520 425 445

6.00 AM **Tennis** Indian Wells Open.
7.00 **WTA & ATP Tennis** Highlights from day one of the Miami Open.
3.00 PM LIVE **WTA & ATP Tennis** Coverage of day two of the Miami Open at Miami Gardens in Florida.
3.00 AM **Bitesize Tennis**
3.45 **Frances Tiafoe Podcast 2024**
4.00 **ATP Tour This Week**
4.30 **to 6.00** AM **WTA & ATP Tennis**

Sky Sports Mix

416 873 510 429 449

6.00 AM **Super League Highlights**
6.30 **The Rugby Championship**
8.30 **My Icon** Sporting influences.
9.00 **TGL** New York v Los Angeles.
11.00 **NRLW** The 2024 Grand Final.
12.00 NOON **NRL** The Grand Final.
1.00 PM **My Icon** Sporting influences.
1.30 **Fight Night International**
2.30 **The Rugby Championship**
4.30 **TGL** Atlanta Drive v The Bay.
6.30 **The Rugby Championship** New Zealand v Argentina from 2024.
8.30 **My Icon** Sporting influences.
9.00 **Fight Night International**
10.00 **The Rugby Championship**
12.00 M'T **Ladies European Tour Golf**
1.00 AM **Fight Night** Jonas v Price.
2.00 **My Icon** Sporting influences.
2.30 **The Rugby Championship**
4.30 **Ladies European Tour Golf**
5.30 **to 6.00** AM **My Icon**

TNT Sports 1

410 870 521 408 430

6.00 AM **SailGP Highlights**
7.00 **Premier League Netbusters**
7.30 **Premier League Stories**
8.00 **Premier League: Big Interview**
8.30 **MLB** Chicago Cubs v LA Dodgers.
10.00 LIVE **Curling World Championship Japan v Scotland.** The round-robin match
1.00 PM **Superbike Rewind**
1.15 LIVE **Cycling** The Milan Turin.
3.30 LIVE **Cycling** The men's Nokere Koerse from Flanders, Belgium.
5.15 **Champions League Reload**
5.30 **TNT Sports Reload**
6.00 **Serie A – Full Impact**
6.30 **Discovery Golf**
7.00 **In My Blood** With Cole Palmer.
7.15 **Premier League Reload**
7.30 LIVE **UEFA Women's Champions League Manchester City v Chelsea.** The quarter-final first-leg from Joie Stadium. Kick-off **8.00pm**.
10.00 **Champions League Magazine**
10.30 **Premier League Netbusters**
11.00 **MLB** Chicago Cubs v LA Dodgers.
12.30 AM **NBA** Clippers v Cavaliers.
2.00 LIVE **NBA LA Lakers v Denver Nuggets.** Tip-off is at **2.00am**.
4.30 **TNT Sports Reload**
5.00 **to 6.00** AM **MotoGP Highlights**

TNT Sports 2

411 871 522 409 431

6.00 AM **Women's T20 International Cricket**
7.00 **T20 Cricket Highlights**
8.00 **MotoGP** Grand Prix of Argentina.
9.00 **MotoGP Chequered Flag**
10.00 **Premier League Reload**
10.15 **Cycling** Trofeo Alfredo Binda.
11.15 LIVE **Cycling** The women's Nokere Koerse from Flanders.
1.30 PM **The WRC Magazine**
2.00 LIVE **Cycling** The men's Nokere Koerse from Flanders, Belgium.
5.15 **Men's Cycling Pro Series**
5.45 LIVE **UEFA Women's Champions League VfL Wolfsburg v Barcelona.** Coverage of the quarter-final first-leg staged at Volkswagen Arena. Kick-off **5.45pm**.
7.45 **Men's Cycling Pro Series** Highlights from the Milan Turin.
8.45 **Women's Cycling Pro Series**
9.45 **Men's Cycling Pro Series**
11.15 **Isuzu A-League Highlights**
11.45 **MotoGP Rewind**
12.00 M'T **Freestyle Skiing**
1.00 AM **Men's Cycling Pro Series**
2.00 **Women's Cycling Pro Series**
3.00 **Men's Cycling Pro Series**
4.00 **The WRC Magazine**
4.30 **to 6.00** AM **Ultimate Pool**

Sky Sports Action

408 517 507 426 446

6.00 AM **Super League Highlights**
7.00 **Fight Night International**
9.00 **Super League Highlights**
10.00 **Top Rank Boxing Archive**
12.00 NOON **Super League Highlights**
1.00 PM **The Rugby Championship** Another chance to see Australia v South Africa from 2024.
3.00 **Fight Night International** A chance to see Junto Nakatani v David Cuellar Contreras in Tokyo.
4.00 **Super League Highlights**
5.00 **Top Rank Boxing Archive** A replay of Manny Pacquiao v Miguel Cotto from 2009.
6.15 **My Icon** Duke McKenzie.
6.30 **Super League** Another chance to see St Helens v Hull Kingston Rovers at Totally Wicked Stadium.
9.15 **Super League Highlights** Leeds Rhinos v Warrington Wolves. **9.30** Highlights from Leigh Leopards v Wigan Warriors. **9.45** Action from Leeds Rhinos v Huddersfield Giants in 2024.
10.00 **The Rugby Championship** Australia v South Africa in 2024.
12.00 M'T **Top Rank Boxing Archive**
2.15 AM **Super League Highlights**
3.00 **Top Rank Boxing Archive**
4.00 **Super League Highlights**
5.00 **to 6.00** AM **Top Rank Boxing**

Sky Sports Sky Sports+

412 518 508 427 447

6.00 AM **Sky Sports News**
7.00 **Good Morning Sports Fans**
10.00 **The Football Show** The stories making the football headlines.
12.00 NOON **Lunchtime Live** A look at all the sports stories making the headlines this lunchtime.
2.00 PM **Sports Desk** Sports news with live analysis and comments.
3.00 LIVE **WTA & ATP Tennis** Coverage of the second day's play of the Miami Open, a hard-court tournament staged at Miami Gardens in Florida, featuring men's and women's first-round singles matches. There was plenty of success for the British men in round one last year, with Dan Evans, Jack Draper and Andy Murray all progressing.
10.30 LIVE **NCAA Basketball** Coverage of a First Four match in the college basketball tournament from University of Dayton Arena.
12.30 AM **Sky Sports News**
1.00 LIVE **NCAA Basketball** Coverage of a First Four match in the college basketball tournament staged at University of Dayton Arena in Dayton, Ohio.
3.00 **to 6.00** AM **Sky Sports News**

TNT Sports 3

413 874 523 410 432

6.00 AM **Champions League**
8.00 **Premiership Women's Rugby**
9.00 **Premiership Rugby Cup**
10.00 LIVE **MLB Chicago Cubs v LA Dodgers.** From Tokyo Dome in Japan. Start-time is at **10.10am**.
1.15 PM **NBA** Clippers v Cavaliers.
2.45 **Champions League Reload**
3.00 **Women's Champions League**
5.00 LIVE **Cross Country Skiing World Cup** The mixed sprint freestyle competition in Estonia.
6.45 **MotoGP Rewind**
7.00 **MLB** Chicago Cubs v LA Dodgers.
8.30 **Ultimate Pool** Champions League.
10.00 **Serie A** Action from Italy.
12.00 M'T **Women's Champions League** Recent highlights.
2.00 AM **UEFA Champions League**
3.00 **UEFA Europa League & Conference League Highlights**
4.00 **A-League Women Highlights**
4.30 **A-League Highlights**
5.00 **Discovery Golf**
5.30 **to 6.00** AM **PL Legends**

TNT Sports 4

414 876 524 411 434

6.00 AM **WRC: More Than Machine**
7.00 **A-League Highlights**
7.30 **A-League Women Highlights**
8.00 **The WRC Magazine**
8.30 **Fishing: On the Bank**
9.30 **SailGP Highlights**
10.30 LIVE **Freestyle Skiing** Coverage of the men's and women's moguls finals in Engadin.
12.15 PM **MotoGP Rewind**
12.30 **Champions League Magazine**
1.00 **T20 Cricket Highlights**
2.00 **Women's T20 International Cricket** New Zealand v Sri Lanka.
3.00 **MotoGP** Grand Prix of Argentina.
4.00 **MotoGP Chequered Flag**
5.00 LIVE **Powerlifting European Classic Championship** The second day in Malaga, Spain.
8.00 **Freestyle Skiing World Championship** From Engadin.
9.00 **MotoGP Highlights**
10.00 **AFL** Western Bulldogs v North Melbourne Kangaroos.
12.00 M'T **to 6.00** AM **AFL**

Premier Sports 1

419 551

6.00 AM **Champions Cup Highlights**
7.00 **Motorsport Highlights**
9.00 **Scottish Football Social Club**
10.00 **LaLiga Match Highlights**
10.30 **Top 14 Rugby Union**
11.00 **NASCAR Highlights**
12.00 NOON **World Surf League**
1.00 PM **NHL on the Fly**
2.00 **LaLiga News**
2.30 **Sporting Greats**
3.00 **LaLiga Highlights**
4.00 **Scottish Football Social Club**
5.00 **NASCAR Highlights**
6.00 **Viva LaLiga** The latest news.
7.30 **Women's Football Weekly**
8.00 **URC in 60** Rugby highlights.
9.00 **LaLiga Highlights**
10.00 **Scottish Football Social Club**
11.00 **NASCAR Highlights**
12.00 M'T **Women's Football Weekly**
12.30 AM **World Surf League**
1.30 LIVE **NHL Hockey Minnesota Wild v Seattle Kraken.**
4.30 **Transworld Sport**
5.30 **to 6.00** AM **Football**

Premier Sports 2

420 552

6.00 AM **NASCAR Xfinity Series**
9.00 **GP Confidential** The latest news.
9.30 **Bike World** Magazine.
10.00 **LaLiga** Another chance to see Atletico Madrid v Barcelona.
12.00 NOON **NHL Ice Hockey** New York Rangers v Calgary Flames.
2.00 PM **Football's Greatest**
2.30 **United Rugby Championship** A replay of Leinster v Cardiff.
4.30 **Bike World** Magazine.
5.00 **LaLiga** Sevilla v Athletic Bilbao.
7.00 **LaLiga** Another chance to see Rayo Vallecano v Real Sociedad.
9.00 **NHL Ice Hockey** New York Rangers v Calgary Flames.
11.00 LIVE **NHL Ice Hockey Toronto Maple Leafs v Colorado Avalanche.** From Scotiabank Arena. Face-off **11.00pm**.
2.00 AM **Temples of Sport**
2.30 **Bike World** Magazine.
3.00 **NHL Tonight**
4.00 **to 6.00** AM **Top 14 Rugby Union**

Sky Sports F1

406 516 506 424 444

6.00 AM **Formula 1** Highlights from past Chinese Grand Prix races.
11.00 **Formula 1** Australian Grand Prix.
12.00 NOON **Formula 1** A replay of the 2024 Chinese Grand Prix.
2.25 PM **F1 Feature**
2.30 **Formula 1** Highlights of past Chinese Grand Prix races.
4.30 **Formula 1** Australian Grand Prix.
5.30 **Formula 1** Another chance to see the 2024 Chinese Grand Prix.
7.45 **The F1 Wheelchair**
8.00 **Formula 1** Action from the 2024 Chinese Grand Prix sprint race. **9.00** Highlights of the 2024 Chinese Grand Prix in Shanghai.
10.00 **Formula 1** Australian Grand Prix.
12.15 AM **Ted's Notebook**
12.45 **Formula 1** Season highlights.
12.55 **F1 Feature**
1.00 **The Home of F1**
4.00 **Formula 1** Australian Grand Prix.
5.00 **Ted's Notebook**
5.30 **to 6.00** AM **F1 Drivers Press Conference**

SKY HD SD VIRGIN HD EE HD

Thursday

20 March

Evening Planner

Drama

The Madame Blanc Mysteries
5, 9pm
Jean and Dom juggle their secretive relationship with a new murder mystery.

Drama

Gangs of London
Sky Atlantic, 9pm (box set, Sky Box Sets)
The violence resumes on the streets of the capital, with Elliot now in control – but what has become of Sean Wallace?

OnDemand

NETFLIX

The Residence
Available today
A murder at the White House leads to everyone being locked down, while a detective tries to solve the mystery.

OnDemand

prime

Last One Laughing UK
Available today
Jimmy Carr hosts as comedians including Bob Mortimer and Sara Pascoe try to make their rivals laugh.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show †	7.30 EastEnders	8.05 Dragons' Den		9.00 The Apprentice		10.00 News; Local News	
	102 BBC2	7.00 Amol Rajan Interviews: Alan Sugar		8.00 Great British Menu		9.00 Saint Patrick: Born in Britain, Made in...		10.00 Apprentice...	10.30 Newsnight
	103 ITV1	◂ 6.30 News	7.30 Emmerdale		8.30 Tonight †	9.00 The Undercover Police Scandal: Love...		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 The Dog House		9.00 24 Hours in A&E		10.00 Super Surgeons: A Chance at Life	
	105 5	7.00 Tales from the Riverbank		8.00 The Omaze Dream House: Are You...		9.00 The Madame Blanc Mysteries		10.00 Hunting the Child Snatchers	
	106 SKY SHOWCASE	◂ 6.55 The Simpsons		8.10 Rob Beckett's Smart TV		9.00 Film: Now You See Me			
ENTERTAINMENT	115 BBC3	7.00 Top Gear		8.00 The Agency: Unfiltered		9.00 Stacey Dooley: Meet the...	9.45 Stacey Dooley Sleeps Over...		10.30 Starstruck
	116 BBC4	7.00 Tornado...	7.30 Who Do You...	8.00 Natural World: Iceland – Land of Ice...		9.00 Film: The French Connection			
	118 ITV2	7.00 Deal or No Deal		8.00 Ant & Dec's Limitless Win		9.00 Family Guy			
	136 MORE4	◂ 6.55 Car S.O.S.		7.55 Renovation Nation		9.00 Grand Designs		10.00 Britain's Most Expensive Houses	
	135 E4	7.00 The Simpsons	7.30 Married at First Sight Australia			9.00 Gogglebox			
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 FBI: Most Wanted		9.00 FBI: International		10.00 The Good Doctor	
	108 SKY ATLANTIC	◂ 6.50 Six Feet Under		7.55 Game of Thrones		9.00 Gangs of London		10.05 Small Town, Big Story	
	110 U&GOLD	7.00 Only Fools and Horses	7.40 Dad's Army			9.00 Men Behaving Badly		10.10 Harry Enfield and Chums	
	111 U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games			9.00 QI XL		10.00 Have I Got a Bit More News for You	
	119 ITV3	7.00 Heartbeat		8.00 Vera				10.00 Endeavour	
	120 ITV4	◂ 6.45 Snooker: Players Championship – Live: The third quarter-final from Telford International Centre							10.15 Film: Alien Resurrection
	112 COMEDY CENTRAL	7.00 Friends				9.00 Film: Vacation			
	139 SKY SCI-FI	7.00 Warehouse 13		8.00 Stargate SG-1		9.00 Grimm		10.00 The Walking Dead	
	113 SKY MAX	7.00 Stargate SG-1		8.00 Rob Beckett's Smart TV		9.00 Poker Face		10.00 Small Town, Big Story	
	109 U&ALIBI	7.00 The Mentalist		8.00 White Collar		9.00 Murdoch Mysteries		10.00 Death in Paradise	
	130 SKY ARTS	7.00 Landscape Artist of the Year		8.00 Michael Caine: The Becoming of a Hollywood Star		9.15 Film: Sherlock Holmes and the House of Fear			
	132 U&W	7.00 MasterChef Junior USA		8.00 Ambulance Australia		9.00 Amber: The Girl Behind the Alert			
DOCUMENTARY	125 DISCOVERY	7.00 Salvage Hunters		8.00 Hoffman Family Gold		9.00 Naked and Afraid			
	162 ANIMAL PLANET	7.00 Pit Bulls & Parolees		8.00 Meet the Orangutans		9.00 Meet the Penguins		10.00 Edge of Alaska	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Car S.O.S.		9.00 Mysterious Islands		10.00 Lawless Island	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Swamp People		9.00 Forged in Fire			
	155 U&YESTERDAY	7.00 Our Guy in China		8.00 Bangers & Cash		9.00 Dream Car Fixers		10.00 Bangers & Cash	
	121 SKY DOCS	7.00 Michael Flatley: Billion Dollar Dancer				9.00 Nothing Compares			
FILMS – Sky Cinema	301 PREMIERE	◂ 6.20 AfrAid		8.00 Horizon: An American Saga – Chapter 1					
	302 ORIGINALS	◂ 6.00 The Dry		8.00 Force of Nature: The Dry 2				10.00 The Beekeeper	
	303 HITS	◂ 6.00 Collateral		8.00 The Nun			9.50 The Nun II		
	304 CLASSICS	◂ 6.00 Blade Runner		8.00 Mission: Impossible				10.00 Silent Running	
	305 ANIMATION		7.20 Dr Seuss' The Lorax			8.55 Fireheart			10.35 Tad the...
	306 FAMILY	◂ 6.40 The Smurfs			8.25 The Smurfs 2				10.15 Patch Adams
	307 ACTION	◂ 5.25 Black Hawk Down		8.00 Bad Boys for Life				10.10 John Wick	
	308 COMEDY	◂ 6.20 Horrible Bosses		8.00 Tropic Thunder			9.55 LaRoy, Texas		
	309 THRILLER	◂ 5.40 In the Line of Fire		8.00 Ocean's Eight			9.55 Murder by Numbers		
	310 DRAMA	◂ 6.15 Quartet		8.00 P.S. I Love You					10.15 The Swimmer
	311 SCI-FI	◂ 6.00 Insidious: Chapter 2		8.00 War of the Worlds				10.05 Annabelle: Creation	
	313 FILM4		7.15 The Old Man & the Gun			9.00 Jack Reacher: Never Go Back			
SPORT	401 MAIN EVENT	7.00 Premier League Darts – Live: Coverage of night seven of the tournament at Utilita Arena Cardiff							
	402 PREMIER LEAGUE	7.00 Big Interview	7.30 PL Stories	8.00 Gary Neville's Soccerbox		9.00 Big Interview	9.30 PL Stories	10.00 PL Icons	
	403 FOOTBALL	7.00 EFL Highlights			8.15 SPFL Highlights	9.00 Bundesliga...	9.30 EFL Highlights		10.15 SPFL Highlights
	404 CRICKET	7.00 IPL		8.00 ICC Champions Trophy Cricket		9.00 IPL			
	410 TNT SPORTS 1	7.00 PL Netbusters	7.30 Serie A – Full...	8.00 Women's Ski...	8.30 Snowboard...	9.00 Fight Night Live			
	411 TNT SPORTS 2	◂ 6.00 AFL		8.00 Premiership Rugby Cup		9.00 MotoGP Highlights		10.00 Men's Cycling...	10.30 NBA Action

◂ Denotes programmes starting before 7.00pm † Regions vary

THURSDAY

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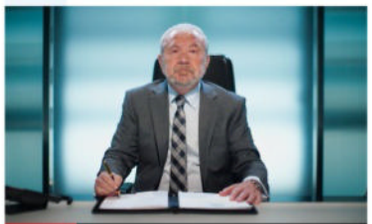
Thursday

BBC1

101 | 101 | 1 | 101 | 101

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 **Crimewatch Live** New edition (S)
11.30 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Clean It, Fix It** New edition The team configure a property to suit both work and family life. (S)
2.30 **Antiques Road Trip** (S)(R)
3.00 **Escape to the Country** A home in the Scottish Borders. (S)(R)
3.45 **Make It at Market** New edition A pyrographer and a stained-glass specialist seek advice. (S)(AD)
4.30 **The Finish Line** New edition (S)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)



9.00 The Apprentice

7.00 **The One Show** Alex Jones and Vernon Kay present the topical show. (S)
7.30 **EastEnders** As he settles into the mental health unit, Phil finds himself making friends and confronting his trauma. (S)(AD)

8.05 **Dragons' Den** 3/14. A mother and son showcase their Mumbai-inspired chutney business, and an outdoor enthusiast pitches his accessible gardening enterprise. Hosted by Evan Davis. (S)(R)(AD)

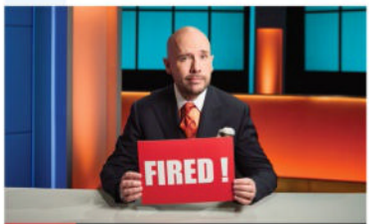
9.00 **The Apprentice** New edition 8/12. Lord Sugar tasks the candidates with developing their own hot sauce, before pitching their product to industry experts. (S)(AD)
■ *The Apprentice: You're Fired* follows on BBC2

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **Question Time** Fiona Bruce presents the topical debate, inviting a panel of politicians and other guests in Reading to answer questions from an invited audience on subjects that have made the headlines over the past week. (S)
11.40 **Newscast** A panel of journalists host a weekly round-up from Westminster, delivering the usual mix of serious analysis and light-hearted gossip about the biggest stories in politics. (S)
12.10 AM **Weather for the Week Ahead** Seven-day forecast. (S)
12.15 **to 6.00** AM **BBC News** (S)

BBC2

102 | 102 | 2 | 102 | 102

6.30 AM **Escape to the Country** (S)(R)
7.15 **Make It at Market** (S)(R)(AD)
8.00 **Sign Zone: Gardeners' World** (R)
9.00 **BBC News** (S)
12.15 PM **Politics Live** (S)
1.00 **Impossible** Quiz show. (S)(R)
1.45 **Bridge of Lies** Game show. (S)(R)
2.30 **The Tournament** Quiz show. (S)(R)
3.15 **Farm to Feast: Best Menu Wins**
3.45 **The Farmers' Country Showdown**
4.15 **Springwatch in Japan: Cherry Blossom Time** (S)(R)
5.15 **Flog It!** From Croome. (S)(R)
6.00 **Richard Osman's House of Games** Featuring guests Sarah Kendall, Jay McGuiness, Linda Robson and Bobby Seagull. (S)(R)
6.30 **Great Continental Railway Journeys** New edition 9/20. Michael Portillo explores Denmark's second city, Aarhus. (S)



10.00 The Apprentice: You're Fired

7.00 **NEW Amol Rajan Interviews: Alan Sugar** The tycoon talks about his life and career. (S)
7.45 **Saving Lives at Sea** RNLI lifeguards battle to save a mother and her son caught in a rip current. (S)(R)(AD)

8.00 **Great British Menu** New edition The two highest-scoring chefs from London and south east England cook their six-course menus again, with archdeacon and campaigner Mina Smallman helping to decide the winner. (S)

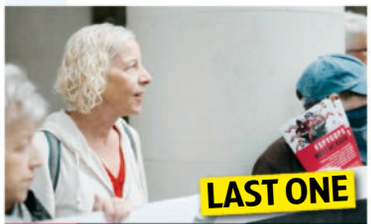
9.00 **NEW Saint Patrick: Born in Britain, Made in Ireland** Ciarán Hinds narrates this documentary examining Saint Patrick's Roman roots, epic journey and lasting legacy. (S)

10.00 **The Apprentice: You're Fired** New edition 8/11. Tom Allen meets the show's freshly rejected candidate. (S)
10.30 **Newsnight** (S)
11.00 **Weather** (S)
11.05 **Forensics: The Real CSI** (S)(R)(AD)
12.05 AM **Thames Water: Inside the Crisis** 2/2. Documentary. (S)(R)(AD)
1.05 **Sign Zone: Great British Menu** The chefs from Northern Ireland prepare mains and desserts. (S)(R)
2.05 **Sign Zone: Robson Green's Weekend Escapes** (S)(R)(AD)
2.35 **Sign Zone: Israel and the Palestinians – The Road to 7th October** Documentary. (S)(R)(AD)
3.35 **to 6.45** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 103

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** Topical debate from a female perspective. (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Celebrity Catchphrase** Stephen Mulhern hosts a charity edition of the game show, with Sarah Millican, Vernon Kay and Joel Dommett trying to guess the familiar phrases. (S)(R)(AD)
3.00 **Jeopardy!** New edition Quiz show hosted by Stephen Fry. (S)
4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** New edition Quiz show hosted by Bradley Walsh. (S)
6.00 **Local News** (S)
6.30 **ITV News** (S)



9.00 The Undercover Police Scandal

7.30 **Emmerdale** Plans are afoot for Joe, Charity is concerned for Sarah, and Ella's life is in chaos. (S)(AD)

8.30 **Tonight: Weight Loss Jab – Getting to the Right People?** New edition With soaring demand for weight-loss jabs, Ranvir Singh investigates who is getting them and whether tighter restrictions regarding online prescribing will work. (S)

9.00 **The Undercover Police Scandal: Love and Lies Exposed** Series finale *Neither Confirm Nor Deny:* 3/3. The women unite to take legal action and share their eerily similar experiences. (S)(AD)

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **Long Lost Family: Born Without Trace** A police detective left on church steps as a baby, who has been unable to solve the mystery of his own identity, finally discovers the truth. (S)(R)(AD)
12.00 M'T **Teleshopping**
3.00 AM **Emergency Nurses: A&E Stories** Ben and Chloe treat a patient having a seizure, and Mae comes to the aid of a toddler with a popcorn issue. (S)(SL)(R)
3.50 **Unwind with ITV** (S)
5.00 **to 6.00** AM **Ant & Dec's Limitless Win** 4/6. Married couples Dan and Sarah and Nik and Khajal take part. (S)(SL)(R)

+1 hour | 203 | 303 | 35 | 112

CHANNEL 4

104 104/108 | 108 | 4 | 104 | 104/106

6.25 AM **Cheers** 23-26/26. (S5) (S)(R)
8.10 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** (S11) (S)(R)(AD)
11.10 **Undercover Boss USA** (S)(R)
12.05 PM **News** (S)
12.10 **Sun, Sea and Selling Houses** (R)
1.10 **Find It, Fix It, Flog It** (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **A New Life in the Sun** (S)(R)
5.00 **Four in a Bed** New edition The week's final visit is to Dilham Hall Retreats in Norfolk. (S)
5.30 **Come Dine with Me** New edition Education advisor and contemporary witch Amanda plans to enchant her guests. (S)
6.00 **A Place in the Sun: What Happened Next?** New edition Lee Juggurnauth catches up with a couple in the Costa Almería. (S)

8.00 The Dog House

7.00 **News** (S)

8.00 **The Dog House** New edition Lizzie and Jason are the proud parents of Billy, a street dog from Spain, but they can't help him lose his fear of others. Could Evie the lurcher help? (S)(AD)

9.00 **24 Hours in A&E** New edition A 66-year-old woman is rushed to Queens Medical Centre in Nottingham with flash burn injuries to her face, while a 71-year-old woman is assisted after tripping and injuring her knee. (S)(AD)

10.00 **Super Surgeons: A Chance at Life** 1/3. Documentary series following pioneering surgeons at Royal Marsden Hospital. A surgical robot is used to treat a tumour on a patient's voice box. (S)(R)(AD)
11.05 **999: On the Front Line** (S)(R)
12.10 AM **Leaving Neverland 2: Surviving Michael Jackson** (S)(R)
1.05 **Ramsay's Kitchen Nightmares USA** From Pasadena. (S)(SL)(R)
1.55 **School Swap: UK to USA** (S)(R)
2.50 **Tempting Fortune** (S)(SL)(R)(AD)
3.45 **Huge Homes with Hugh Dennis** A modern mansion. (S)(SL)(R)(AD)
4.40 **Sunday Brunch Best Bits** (S)(R)
4.50 **Location, Location, Location** (R)
5.45 **to 6.25** AM **Countdown** (S)(R)

+1 hour | 204/208 | 304 | 15 | 121

7 PM | 8 PM | 9 PM | 10 PM

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 805 | 105 | 5 | 105 | 105 | 105

5.40 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm Huntley** (S)
12.45 PM **GPs: Behind Closed Doors** Marguerite is baffled by ongoing nausea that won't shift. (S)(R)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)(AD)
2.15 FILM PREMIERE **No Safe Haven** Thriller starring Natalie Brown. (S) (2023, PG, 105min) ★★
4.00 **Bargain-Loving Brits in the Sun** Colin organises a Halloween-themed family fun day to raise funds. (S)(R)(AD)
5.00 **News** (S)
6.00 **Eggheads** Brent FC seek a winning strategy. (S)(R)
6.25 Vectis Salutem hope to defeat the quiz experts. (S)(R)
6.55 **News** (S)

8.00 The Omaze Dream House

7.00 **Tales from the Riverbank** Series finale 6/6. Clare Balding explores the River Tyne, following it from the vibrant city of Newcastle into Northumberland. (S)
7.55 **News** (S)

8.00 NEW **The Omaze Dream House: Are You Missing Out?** One-off documentary investigating the company that gives away expensive houses while donating huge sums to charity. (S)

9.00 NEW SERIES **The Madame Blanc Mysteries** *Beach Club:* 1/6. Return of the crime drama with Sally Lindsay. Jeremy and Judith find a CEO's body in a dinghy while on a jet ski ride. *See feature, page12.* (S4) (S)(AD)

10.00 **Hunting the Child Snatchers** 1/2. The story of a prolific gang of abusers, and an investigation sparked by the disappearance of a seven-year-old from a Wokingham funfair in 1984. (S)(R)

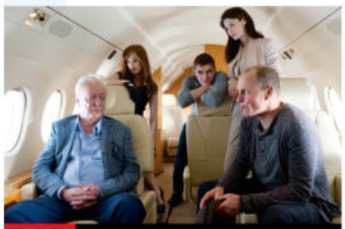
11.00 **Hunting the Child Snatchers** 2/2. Concluding part of the documentary about a prolific gang of abusers. (S)(R)
12.00 M'T **Traffic Cops** (S)(R)
1.00 AM **PlayOJO Live Casino Show**
3.00 **Secret Life of the Forest** (S)(R)
4.35 **Wildlife SOS** (S)(SL)(R)
5.05 **Great Scientists** (S)(SL)(R)
5.30 **to 5.40** AM **Entertainment News** (S)

+1 hour | 205 | 305 | 38 | 128

SKY SHOWCASE

106 106 806 | 109 | 340 | 355

6.00 AM **Sky News Breakfast**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate SG-1** (S4) (S)(R)
11.00 **Animals Like Us** (S)(R)
12.00 NOON **The Flash** (S8) (S)(R)
1.00 PM **Hawaii Five-0** (S2) (S)(R)
3.00 **NCIS: Los Angeles** (S14) (S)(R)
4.00 **S.W.A.T.** 5/22. (S1) (S)(R)(AD)
5.00 **The Simpsons** *The Squirt and the Whale:* Lisa befriends a beached whale. (S)(R)
5.30 *Stealing First Base:* Bart decides to steal a kiss from his crush at school after taking advice from Grampa. (S)(R)
6.00 **The Office (US)** 23/25. Part two of two. Andy goes all out to nail his audition. (S)(R)
6.30 24/25. Part one of two. Dwight and Angela's wedding has a special guest. (S9) (S)(R)



9.00 Now You See Me

6.55 **The Simpsons** *To Surveil with Love:* Surveillance cameras are installed in Springfield. (S)(R)
7.20 *Moe Letter Blues:* Moe mischievously stirs up marital strife in Springfield. (S)(R)
7.45 *The Bob Next Door:* A new neighbour moves in next door to the family. (S)(R)

8.10 **Rob Beckett's Smart TV** Guests David Mitchell, Kadiff Kirwan, Ryan Sampson and Anna Richardson join team captains Alison Hammond and Josh Widdicombe. (R)

9.00 FILM **Now You See Me** Heist thriller starring Jesse Eisenberg, Mark Ruffalo, Woody Harrelson and Isla Fisher. A quartet of Las Vegas magicians go on a crime spree, puzzling the FBI and Interpol. With Dave Franco, Mélanie Laurent and Michael Caine. (S) (2013, 12, 115min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

11.10 **An Idiot Abroad** 7/8. Karl Pilkington visits Peru. (S)(R)
12.05 AM **Veep** 5/10. Selina and Mike get to work on her book. (S)(R)
12.40 6/10. Selina makes a visit to Qatar. (S6) (S)(R)(AD)
1.15 **The Force: North East** (S)(R)
2.10 **Road Wars** (S)(R)
3.00 **NCIS: Los Angeles** (S14) (S)(R)
4.00 **S.W.A.T.** 5/22. (S1) (S)(R)(AD)
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour | 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky **964**, Virgin **862**, Freesat **964**
11.30am Antiques Road Trip **12.00noon-1.00pm** First Minister's Questions **7.00-7.30pm** River City **12.10am** Scotcast **12.40** Weather for the Week Ahead **12.45-6.00am** BBC News

N. IRELAND
Sky **966**, Virgin **863**, Freesat **966**
10.40pm The View **11.20** Question Time **12.20am** Newscast **12.50-6.00am** BBC News

WALES
Sky **965**, Virgin **864**, Freesat **965**
8.00pm Garden Rescue **8.30-9.00pm** NEW Sarra Elgan's Women's 6 Nations

BBC2

N. IRELAND
Sky **969**, Freesat **969**
7.00pm The Great House Revival New edition **7.50-8.00** Gardening Together with Diarmuid Gavin **11.05** NEW Amol Rajan Interviews: Alan Sugar **11.50** Forensics: The Real CSI **12.50-1.05am** Saving Lives at Sea

WALES
Sky **968**, Freesat **968**
7.00pm Scrum V: The Warm Up **7.30-8.00** Villages by the Sea **9.00-10.00pm** NEW Thames Water: Inside the Crisis

ITV1

As main ITV1 except:
WALES
10.45pm Face to Face New edition **11.15** Wales on TV **11.45pm-12.00m't** Vanished Wales New edition

S4C

Sky **134**, Virgin **164**, Freesat **120**
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Ffasiwn Drefn **12.30** Heno **1.00** Dim Byd i'w Wisgo **1.30** Y Byd ar Bedwar **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Yr Afon **4.00** Awr Fawr **5.00** Stwnsh **6.00** Y Sin **6.30** Cartrefi Cymru **6.57** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Pobol y Cwm New episode **8.25** Rownd a Rownd New episode **8.55** Newyddion a'r Tywydd **9.00** Pawb a'i Farn New edition **10.00** Y Llais **11.00-11.35pm** Cais Quinnell

TV&Satellite week
Best for Sky and Virgin

BBC3

115/117/121 | 107/113 | 23 | 107 | 107

BBC3 programmes start at 7.00pm

7.00 PM **Top Gear** The presenters shop for second-hand convertibles.
7.55 **The Catch Up**
8.00 **The Agency: Unfiltered** New editions 7/10. Kirsten, Amy and Abbie head to Ibiza to shoot Abbie's new summer collection. **8.30** 8/10. Tickets for Megan's podcast event go on sale and she waits to find out what the interest level is.
9.00 NEW **Stacey Dooley: Meet the Shoplifters** Stacey gets to grips with the apparent shoplifting epidemic and sees what life is like for the frontline staff trying to prevent thefts.
9.45 **Stacey Dooley Sleeps Over: Family and Me** Stacey looks back at clips from previous editions.
10.30 **Starstruck** 5&6/6. (S2)
11.15 **Charlotte in Sunderland**
12.15 AM **Go Hard or Go Home**
1.15 **The Agency: Unfiltered**
2.15 **Top Gear** As 7.00pm.
3.15 **to 4.00** AM **Stacey Dooley: Meet the Shoplifters**

BBC4

116 | 107/108 | 9/24 | 106 | 108

BBC4 programmes start at 7.00pm

7.00 PM **Tornado: Dangerous Earth** A look into the inner workings of tornados.
7.30 **Who Do You Think You Are? USA** Featuring singer Kelly Clarkson.
8.00 **Natural World: Iceland – Land of Ice and Fire** The people and animals who inhabit Iceland.
9.00 FILM **The French Connection** Thriller starring the late Gene Hackman. A tough New York police detective wages a one-man war on a drugs syndicate. With Roy Scheider. (1971, 18, 104min) ★★★★★
10.40 FILM **The Conversation** Suspense thriller starring the late Gene Hackman. (1974, 12, 113min) ★★★★★
12.30 AM **The Poughkeepsie Shuffle: Tracing 'The French Connection'**
1.25 **The Hunt for Lady Olive and the German Submarine** Documentary.
2.25 **How to Win at Chess**
3.25 **to 3.55** AM **Who Do You Think You Are? USA**

MORE4

136/137 831 | 147 | 18 | 124

8.55 AM **Kirstie's Vintage Gems** A 1930s dining room.
9.15 **A Place in the Sun**
10.05 **A New Life in the Sun**
11.05 **Find It, Fix It, Flog It**
1.05 PM **Car S.O.S**
2.05 **Four in a Bed**
4.50 **Chateau DIY** Christina and Sassan find a toilet in a rather strange place.
5.50 **Car S.O.S** Fuzz Townshend and Tim Shaw fix up a World Rally-winning car. **6.55** Tim and Fuzz rescue a 1989 Peugeot 205 GTi.
7.55 **Renovation Nation** In Cornwall, Vicky and Simon are faced with spiralling costs for their conservatory restoration.
9.00 **Grand Designs** Kevin McCloud meets Mike and Sarah, a couple planning to build a 21st-century version of a historic longhouse on their remote smallholding in the Derbyshire Dales.
10.00 **Britain's Most Expensive Houses** Guy attempts to find a buyer for a £25million apartment, and Amy tries to sell an eight-acre property.
11.05 **24 Hours in A&E** A mechanic gets crushed against a wall by his own car **12.10** AM A five-year-old girl is struggling to breathe.
1.15 **Emergency Helicopter Medics** Double bill.
3.25 **to 3.55** AM **Food Unwrapped**

+1 hour | 236/237 | 347 | 125

E4

135/136 830 | 106 | 13 | 122

6.00 AM **Modern Family**
6.55 **Rude(ish) Tube Shorts**
7.00 **Ramsay's Kitchen Nightmares USA**
8.00 **The Goldbergs**
9.00 **The Big Bang Theory**
10.00 **Young Sheldon**
11.00 **Married at First Sight Australia** Reality series.
12.30 PM **The Big Bang Theory**
2.00 **Young Sheldon**
3.00 **Modern Family**
4.00 **The Simpsons**
5.00 **The Big Bang Theory**
6.30 **The Simpsons** Double bill.
7.30 **Married at First Sight Australia** New edition It is time for the second dinner party of the series, and the group want answers, while Ryan comes under fire for his comments about Jacqui and their private life.
9.00 **Gogglebox** *Coronation Street* and *Strictly Come Dancing* are appraised. **10.00** Opinions on *Celebrity Ghost Trip* and *The Cube*.
11.05 **Naked Attraction**
12.10 AM **Married at First Sight Australia** As 7.30pm.
1.40 **Rick and Morty**
2.10 **Common Side Effects** New episode Animation.
2.35 **Gogglebox**
3.30 **Abbott Elementary**
3.55 **The Neighborhood**
4.40 **Modern Family**
5.05 **to 6.00** AM **Ramsay's Kitchen Nightmares USA**

+1 hour | 235/236 | 306 | 30 | 123

Thursday primetime

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

THURSDAY Entertainment

Thursday

Sky Witness

107 807 110 341 356

6.00 AM **Stop, Search, Seize**
7.00 **Motorway Patrol**
8.00 **Border Patrol**
9.00 **Border Security USA**
10.00 **Border Security: America's Front Line** Double bill.
11.00 **Bull** 4/16. (S5)
12.00 NOON **The Good Doctor** (S2)
1.00 PM **The Cleaning Lady** (S2)
2.00 **Chicago Fire** 5/13. A secret from Gibson's past is exposed. **3.00** 6/13. Firehouse 51 welcomes back familiar faces as Brett says goodbye. (S12)
4.00 **Nothing to Declare**

10.00 The Good Doctor

7 PM
7.00 **Nothing to Declare** A traveller is suspected of drug smuggling. **7.30** Frog fat is found in a Korean woman's luggage.

8 PM
8.00 **FBI: Most Wanted** *Winner:* 7/15. A suspect escapes trial and sets out on a murder spree. (S2)

9 PM
9.00 **FBI: International** *Hail Mary:* 8/22. The Fly Team investigate the death of an American model in Milan. (S2)

10 PM
10.00 **The Good Doctor** *First Case, Second Base:* 5/20. Shaun is assigned his first surgery, but not everyone is feeling confident. (S3)
11.00 **The Rookie** 3/22. (S5)
12.00 M'T **Law & Order: Organized Crime** 9/22. (S2)
1.00 AM **FBI: Most Wanted** (S2)
2.00 **The Good Doctor** 13/18. (S2)
3.00 **The Rookie: Feds** 21/22. (S1)
4.00 **Highway Patrol**
5.00 **to 6.00** AM **Road Wars**

+1 hour 207 310

Sky Atlantic

108/109 808 342 357

6.00 AM **Fish Town** Double bill.
8.10 **True Blood** 4&5/12. (S5)
10.20 **Six Feet Under** (S2)
12.30 PM **Game of Thrones** (S6)
1.35 **Westworld** 6&7/10. (S2)
3.45 **True Blood** 4/12. Jason uncovers a secret. **4.45** 5/12. Bill and Eric ask Sookie to help them find Russell Edgington. (S5)
5.45 **Six Feet Under** 10/13. Nate confides in Lisa. **6.50** 11/13. Rico's suspicions are aroused over the death of an elderly woman. (S2)

9.00 Gangs of London

7.55 **Game of Thrones** *Book of the Stranger:* 4/10. Tyrion strikes a deal, Jorah and Daario undertake a difficult task, and Jaime and Cersei try to improve their situation. (S6)

9.00 **NEW SERIES Gangs of London** 1/8. Return of the crime drama. *See feature, page 6.* (S3) ■ Entire series on Box Sets

10.05 **Small Town, Big Story** New episode *An Dobhar Who?* 4/6. The show's writer arrives. (S1) ■ Entire series on Box Sets
11.05 **Homicide: Life on the Street** 12/20. Howard, Felton and Bolander are shot as they try to arrest a suspect. (S3)
12.05 AM **Watchmen** 5/9. (S1)
1.20 **The Nevers** 5/6. (S1)
2.35 **Mare of Easttown** 5/7. (S1)
3.50 **to 6.00** AM **Urban Secrets**

+1 hour 208/209

Sky Max

113/114 813 111 346 361

6.00 AM **Hawaii Five-0** (S2)
8.00 **The Flash** 13/20. (S8)
9.00 **Stargate SG-1** 1&2/22. (S4)
11.00 **Supergirl** 2/22. (S2)
12.00 NOON **The Flash** 14/20. (S8)
1.00 PM **Hawaii Five-0** (S2)
3.00 **NCIS: Los Angeles** 5/21. (S14)
4.00 **S.W.A.T.** 5/18. (S4)
5.00 **Supergirl** 1/22. Kara teams up with Superman to stop a new threat in National City. (S2)
6.00 **Stargate SG-1** 1/22. Part two of two. The replicator bugs continue to multiply aboard a submarine. (S4)

10.00 Small Town, Big Story

7.00 **Stargate SG-1** *The Other Side:* 2/22. The team embark on a mission of mercy in response to a plea from Euronda. (S4)

8.00 **Rob Beckett's Smart TV** Comedy panel show, with David Mitchell, Anna Richardson, Kadiff Kirwan and Ryan Sampson.

9.00 **Poker Face** *Time of the Monkey:* 5/10. Charlie makes friends with two rebellious women at a retirement home. (S1)

10.00 **Small Town, Big Story** New episode *An Dobhar Who?* 4/6. The show's writer arrives. (S1) ■ Entire series on Box Sets
11.00 **Resident Alien** 1/10. Sci-fi comedy drama with Alan Tudyk. **12.00** M'T 2/10. Harry struggles to get to grips with emotions. (S1)
1.00 AM **The Force: North East**
2.00 **Road Wars**
3.00 **NCIS: Los Angeles** 5/21. (S14)
4.00 **S.W.A.T.** 5/22. (S1)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 816 115 6 113

6.00 AM **CITV**
9.00 **World's Funniest Videos**
9.55 **Love Bites** Double bill.
12.00 NOON **Dinner Date**
1.00 PM **Deal or No Deal**
2.00 **Supermarket Sweep**
3.00 **Charmed** 16/22. Piper organises a party. (S8)
4.00 **Gilmore Girls** 16/22. Luke feels lonely without Lorelai. (S5)
5.00 **Celebrity Dinner Date** Featuring Chris Taylor.
6.00 **Celebrity Catchphrase** With guests Fiona Bruce, Josie Gibson and Scott Mills.

2.00 Supermarket Sweep

7.00 **Deal or No Deal** Stephen Mulhern hosts as Carolyn takes on the Banker for the chance to win a life-changing cash prize.

8.00 **Ant & Dec's Limitless Win** Childhood sweethearts Bianca and Ky continue their game.

9.00 **Family Guy** 2/16. Peter becomes obsessed with a hit song from 1963. **9.35** 3/16. Stewie and Brian try to save Mort.

10.05 **Family Guy** 4/16. Stewie is left home alone. **10.35** 7/12. Meg falls for the attractive medical student treating her. (S6)
11.05 **Family Guy** 8/12. Peter puts out a fire at a fast-food restaurant. (S6)
11.35 **American Dad!** 9&2/16. (S3)
12.35 AM **Bob's Burgers** (S13&7)
1.30 **Don't Hate the Playaz**
2.15 **Deep Fake Neighbour Wars**
2.45 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114

ITV3

119 117 10 115

6.00 AM **Classic Emmerdale**
7.00 **Classic Coronation Street**
8.10 **Inspector Morse**
10.35 **The Royal** *Safe As Houses.*
11.40 **Heartbeat** Double bill.
1.40 PM **Classic Emmerdale**
2.40 **Classic Coronation Street**
3.40 **Inspector Morse** *Service of All the Dead:* A church becomes the scene of a murder.
6.00 **Heartbeat** *Muck and Brass:* Merton faces a race against time to stop a saboteur when Aidensfield hosts a prestigious car hill-climb.

10.00 Endeavour

7.00 **Heartbeat** *Double Trouble:* A burglary takes an unexpected turn when the victim is found to be leading a double life.

8.00 **Vera** *The Moth Catcher:* DCI Stanhope investigates a murder at a remote country house, but no sooner does she arrive than a second body is found and a connection starts to emerge between the victims.

10.00 **Endeavour** *Exeunt:* In the final episode of the crime drama, a series of death notices in the Oxford Mail, each with a cryptic message, provides clues to an investigation.
11.55 **Trial & Retribution** 7/10. Walker investigates a woman's disappearance. **12.50** AM 8/10. The diary's authenticity is questioned. (S11)
1.45 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 180 162 110

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **The Entertainment Mix** New edition The latest culture and arts news.
8.00 **Highland Cops** The region is battered by two winter storms.
9.00 **Mrs Brown's Boys** 5/6. Agnes fears her family are planning to send her to a nursing home. (S2)
9.30 **Two Doors Down** 5/6. Christine needs help in buying a baby buggy when her laptop freezes mid-purchase. (S2)
10.00 **Icons of Style** 1/2. Kirsty Wark explores the history of Scottish fashion.
11.00 **Scotcast** New edition Topical discussion.
11.30 PM **to 12.00** M'T **Burnistoun** 4/6. There is frustration in store for one inhabitant determined to buy rolls. (S1)

Sky Comedy

114/115 814 112 347 362

8.00 AM **Crashing** (S1)
9.15 **The Conners** (S2)
10.15 **Veep** 5&6/8. (S1)
11.25 **Ballers** 2&3/10. (S2)
12.35 PM **Curb Your Enthusiasm** (S5)
1.55 **Veep** 5&6/8. (S1)
3.05 **Ballers** 2&3/10. (S2)
4.25 **Crashing** 6&7/8. (S1)
5.40 **The Office (US)** (S9)
6.40 **The Conners** (S2)
7.40 **Curb Your Enthusiasm** 1/10. Larry is changed by a brush with death. **8.20** 2/10. Larry hires a private investigator. (S5)
9.00 **Girls** 5/10. Charlie and Marnie deal with the fallout from the diary. **9.35** 6/10. Hannah goes on a date. (S1)
10.10 **The Tonight Show Starring Jimmy Fallon** New edition Talk show.
11.10 **Barry** 3&4/8. (S1)
12.35 AM **Veep** 5&6/10. (S6)
2.00 **Flight of the Conchords: Live in London**
3.45 **to 5.00** AM **Crashing**

Sky Arts

130/131 826 123 36 143 365

6.00 AM **Arts Uncovered**
6.10 **Lord of the Dance: Dangerous Games**
8.00 **Watercolour Challenge**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **Discovering**
12.00 NOON **Watercolour...**
1.00 PM **Tales of the...**
2.00 **Stories from the National Portrait Gallery**
3.00 **Discovering**
4.00 **Comedy Legends**
5.00 **Best of Portrait Artist...**
6.00 **Tales of the Unexpected**
7.00 **Landscape Artist of the Year** Series finale
8.00 **Michael Caine: The Becoming of a Hollywood Star**
9.15 **FILM Sherlock Holmes and the House of Fear** Mystery. (1945, U) ★★★
10.35 **The Directors**
11.35 **Classic Literature & Cinema** Crime novels.
12.35 AM **Salinger**
3.15 **Shakespeare: The Man Behind the Name**
5.00 **to 6.00** AM **Auction**

Sky Mix

151 135 11 141

7.00 AM **Nothing to Declare**
9.00 **Bondi Rescue**
10.00 **Highway Patrol**
11.00 **Nothing to Declare**
12.00 NOON **Motorway Patrol**
1.00 PM **Border Patrol**
2.00 **Bondi Rescue**
3.00 **Nothing to Declare**
4.00 **Primeval** 1/6. (S1)
5.00 **Stargate SG-1** (S1)
6.00 **Stargate Atlantis** (S3)
7.00 **Star Trek: Voyager** (S5)
8.00 **Hawaii Five-0** *Ka Hana a ka makua, o ka hana no ia a keiki (What Parents Do, Children Will Do):* 23/25. McGarrett and the team take on the Mob. (S8)
9.00 **Murdered at First Sight**
10.00 **How I Caught the Killer**
12.00 M'T **Snapped**
1.00 AM **Nothing to Declare**
2.00 **Brit Cops: Law & Disorder** Documentary.
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Be

131/132 119 28 119

7.30 AM **Unwind**
7.40 **Buying the View**
8.10 **Billie and Greg: The Family Diaries**
9.10 **Fletchers' Family Farm**
10.15 **Buying and Selling**
11.10 **The Real Housewives of Dubai** Reality series.
12.05 PM **Billie and Greg: The Family Diaries**
1.10 **The Only Way Is Essex**
2.10 **Dinner Date**
3.10 **Scott's Vacation House Rules** New edition
4.05 **The Real Housewives of Dubai** Reality series.
5.00 **The Real Housewives of Atlanta** Reality series.
6.00 **Buying and Selling**
7.00 **Fletchers' Family Farm**
8.00 **Dinner Date**
9.00 **Million Pound Pawn**
10.00 **Botched** Medical series.
11.00 **The Real Housewives of Miami** Reality series.
11.55 **The Only Way Is Essex**
12.55 AM **Buying the View**
1.20 **to 1.30** AM **Unwind**

+1 hour 319

GREAT! tv

157 170 50

8.00 AM **Diagnosis Murder**
10.00 **Father Dowling Mysteries** 6/8. (S1)
11.00 **Highway to Heaven**
2.00 PM **Father Dowling Mysteries** 3/13. (S2)
3.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
7.00 **M*A*S*H** 9-12/25. (S4)
9.00 **Randall and Hopkirk (Deceased)** *Who Killed Cock Robin?* 14/26. A bird-lover leaves a strange will. (S1)
10.00 **The Avengers** *Get-A-Way!* 32/33. Three foreign spies escape from prison and go on the run with the help of some lizard vodka. (S6)
11.00 **The Persuaders!** (S1)
12.00 M'T **M*A*S*H** (S4)
2.00 AM **Randall and Hopkirk (Deceased)**
3.00 **The Persuaders!** (S1)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

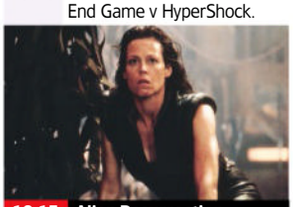
+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 118 26 117

6.00 AM **World of Sport**
6.20 **Minder**
7.20 **The Sweeney**
8.25 **Robin of Sherwood**
9.30 **Magnum, PI**
10.35 **Kojak**
11.40 **BattleBots**
12.45 PM LIVE **Snooker: Players Championship** The afternoon session on day four from Telford International Centre.
5.00 **Football League Legends**
5.10 **River Monsters**
5.40 **BattleBots** New edition End Game v HyperShock.



10.15 Alien Resurrection

6.45 LIVE **Snooker: Players Championship** Jill Douglas presents coverage of the evening session on day four from Telford International Centre, featuring the third quarter-final, played over the best of 11 frames. With analysis from Stephen Hendry, Alan McManus, Ken Doherty and Neal Foulds, and commentary by David Hendon and Phil Yates.

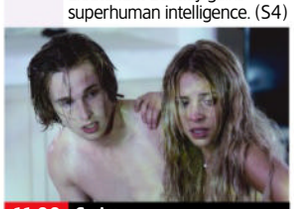
10.15 FILM **Alien Resurrection** Sci-fi horror sequel with Sigourney Weaver and Winona Ryder. Ellen Ripley re-awakens from death to find herself cloned by geneticists. (1997, 15, 110min) ★★★★ SEX ●●● VIOLENCE ●●● LANG ●●●
12.20 AM **Minder**
1.20 **Two and a Half Men** (S1)
2.15 **The Protectors**
2.45 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 836 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 19/26. (S4)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: Deep Space Nine** 8/26. (S7)
2.00 **Warehouse 13** 15/20. (S4)
3.00 **Stargate SG-1** 7/20. (S10)
4.00 **Star Trek: Voyager** (S3)
5.00 **Star Trek: Deep Space Nine**
6.00 **Star Trek: The Next Generation** 19/26. Lieutenant Barclay gains superhuman intelligence. (S4)



11.00 Swim

7.00 **Warehouse 13** *Instinct:* 15/20. HG Wells helps Pete and Myka with an artefact that is forcing criminals to confess. (S4)

8.00 **Stargate SG-1** *Counterstrike:* 7/20. Adria using her powers against Daniel and Vala. (S10)

9.00 **Grimm** *Eyes of the Beholder:* 10/22. Hank investigates a murder that is connected to his new girlfriend. (S3)

10.00 **The Walking Dead** *Four Walls and a Roof:* 3/16. The group come up against the Terminans once again. (S5)
11.00 FILM **Swim** Action horror starring Joey Lawrence and Jennifer Field. A family trapped in their storm-flooded vacation rental try to escape from a hungry shark. (2021, 15, 86min) ★★
1.00 AM **True Blood** 7&8/12. (S2)
3.00 **Train** 9/12. (S1)
4.10 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 809 114 343 358

7.15 AM **Murdoch Mysteries** (S12)
9.00 **Father Brown**
10.00 **The Doctor Blake Mysteries**
11.00 **Hudson & Rex** 7/20. (S5)
12.00 NOON **The Mentalist** (S5)
1.00 PM **Death in Paradise** (S2)
2.00 **Murdoch Mysteries** (S12)
4.00 **The Doctor Blake Mysteries**
5.00 **Hudson & Rex** 7/20. Two killers escape from St John's women's penitentiary. (S5)
6.00 **Father Brown** *The Man in the Tree:* Sid finds himself accused of stripping and injuring a man before leaving him up a tree.

9.00 Murdoch Mysteries

7.00 **The Mentalist** *Red Velvet Cupcakes:* 20/22. Rigsby and Van Pelt work undercover as a troubled couple. (S5)

8.00 **White Collar** *Taking Stock:* 12/13. Neal tries to convince Peter he is ready to go let go of his criminal past. (S5)

9.00 **Murdoch Mysteries** New episode *Measure of My Dreams:* 7/22. Murdoch tracks a spirited trouble-seeking drunk. (S18)

10.00 **Death in Paradise** *A Deadly Curse:* 4/8. A treasure hunter is killed. Guest starring Michael Brandon. (S2)
11.00 **The Mentalist** As 7.00pm.
12.00 M'T **White Collar** As 8.00pm.
1.00 AM **Elementary** 19/24. Holmes and Watson try to foil the heist of one of the largest cash vaults in America. (S1)
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 810 124 344 359

7.00 AM **Highlights**
9.00 **On the Up**
9.40 **Are You Being Served?**
10.20 **Only Fools and Horses**
11.00 **Last of the Summer Wine**
12.20 PM **Keeping Up Appearances**
1.00 **On the Up**
1.40 **Dad's Army**
2.20 **Only Fools and Horses**
3.00 **Are You Being Served?**
3.40 **Last of the Summer Wine**
5.00 **On the Up**
5.40 **Keeping Up Appearances**
6.20 **Are You Being Served?**

9.00 Men Behaving Badly

7.00 **Only Fools and Horses** Del Boy falls for a glamorous antiques dealer.
7.40 **Dad's Army** Mainwaring's platoon use up all their ammunition shooting at a passing aircraft. **8.20** Mainwaring and Wilson are trapped in the bank vault with a bomb.

9.00 **Men Behaving Badly** Gary looks for a new flatmate following Dermot's departure. **9.35** Tony attempts to impress Deborah with his language skills.
10.10 **Harry Enfield and Chums** Double bill of the comedy sketch show.
11.30 **The Royle Family** The day of Baby David's christening arrives.
12.05 AM **Inside No 9** A woman and her teenage son encounter a mysterious stranger.
12.40 **Men Behaving Badly**
1.50 **Harry Enfield and Chums**
3.05 **to 4.00** AM **Inside No 9**

+1 hour 210/211 324

U&Dave

111/112 811 127 19 157

7.15 AM **World's Most Dangerous Roads** Series highlights.
8.00 **Border Force: America's Gatekeepers** Double bill.
10.00 **American Pickers**
12.00 NOON **Celebrity Storage Hunters** Double bill.
2.00 PM **James May's Man Lab**
3.00 **Top Gear** Double bill.
5.00 **Hairy Bikers' Best of British** The impact of Britain's colonial past on the nation's food.
6.00 **Rick Stein's Mediterranean Escapes** A visit to the bustling fish market in Catania, Sicily.

10.00 Have I Got a Bit More...

7.00 **Would I Lie to You?** With Clara Amfo, Tom Davis, Shaun Ryder and Henning Wehn.
7.40 **Richard Osman's House of Games** With Sally Phillips and Vikki Stone. **8.20** Maisie Adam, Ivo Graham, Dev Griffin and Zoe Lyons take part.

9.00 **QI XL** Guests Corey Taylor, Aisling Bea and Ross Noble join regular panellist Alan Davies and host Sandi Toksvig.

10.00 **Have I Got a Bit More News for You** Richard Ayoade hosts the satirical quiz, with guests Marina Purkiss and Phil Wang.
11.00 **Taskmaster** Sally Phillips locks herself in the caravan, and Aisling Bea crams an Italian entree dish into a balloon.
12.00 M'T **Mock the Week Christmas Special 2019**
12.40 AM **Would I Lie to You?**
2.00 **to 4.00** AM **Big Zuu's Big Eats**

+1 hour 211/212 327 74

Thursday

7 PM 8 PM 9 PM 10 PM

4seven

137/138 143 49 127

9.00 AM **Four in a Bed**
9.30 **Sun, Sea and Selling Houses** From Alicante.
10.30 **Find It, Fix It, Flog It**
11.30 **A Place in the Sun**
1.30 PM **A Place in the Sun: What Happened Next?**
2.30 **Come Dine with Me**
5.00 **A Place in the Sun: What Happened Next?**
6.00 **Location, Location, Location** In Manchester.
7.00 **A Place in the Sun**
7.45 **Great Celebrity Bake Off for Stand Up to Cancer** Cooking series.
9.00 FILM **Ticket to Paradise** Romantic comedy starring George Clooney and Julia Roberts. (2022, 12, 104min) ★★★
11.05 **Gogglebox**
12.05 AM **Celebrity Gogglebox**
1.10 **Super Surgeons: A Chance at Life**
2.15 **24 Hours in A&E**
3.20 **999: On the Front Line**
4.20 **to 4.50** AM **Travel Man: 48 Hours in Vilnius**

5USA

141/169 120/162 21 129

9.00 AM **Entertainment News**
9.10 **NCIS** 5-7/24. (S13)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Homefront:* 22/24. A teenager foils a home invasion. **7.00** *Family First:* 24/24. The manhunt for the fugitive British spy continues. (S13) **8.00** *Rogue:* 1/24. The team investigate a fellow agent's disappearance in Argentina. (S14)
9.00 **Blue Bloods** *Town Without Pity:* 18/22. A rehabilitated criminal is implicated. (S6)
10.00 **Law & Order: Special Victims Unit** *Depravity Standard:* 9/23. Barba relies on decades-old evidence. (S17)
11.00 **Law & Order: Special Victims Unit** (S17&16)
1.50 AM **Private Eyes** (S4)
2.45 **The Good Wife** (S2)
3.35 **to 4.00** AM **Motorway Patrol**

+1 hr 241/269 320/362 130

5STAR

128/129 126 32 131

8.00 AM **Rich Kids Go Skint**
9.00 **Bargain-Loving Brits in the Sun** Documentary.
10.00 **Nightmare Tenants, Slum Landlords**
11.00 **Traffic Cops** Triple bill.
2.00 PM **Police Interceptors**
5.00 **Shoplifters: Caught Red Handed**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **A&E After Dark** A cigarette filter causes problems when used to scratch an ear.
10.00 **Ambulance: Code Red**
11.00 **Skin A&E** Documentary.
12.00 M'T **Cause of Death**
1.00 AM **GPs: Behind Closed Doors** Medical series.
2.00 **Casualty 24/7: Every Second Counts**
2.50 **Police Interceptors**
3.35 **to 4.00** AM **Home and Away**

+1 hour 228/229 326 140

5Action

150 130 33 132

9.00 AM **Car Pound Cops**
9.30 **Outback Truckers**
10.30 **Traffic Cops**
11.30 **Police Interceptors**
12.30 PM FILM **Kansas Raiders** Western drama. (1950, PG, 80min) ★★
2.15 FILM **Dawn at Socorro** Drama with Piper Laurie and Rory Calhoun. (1954, 15, 79min) ★★
4.00 **Outback Truckers**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
9.00 **Trucking Hell** Lantern recovery op Stuart is tasked with rescuing a 26-ton sewage tanker.
10.00 **Outback Truckers** Steve Graham tries to create a road train.
11.00 **Air Crash: Disaster Revealed** Documentary.
12.00 M'T **Deadliest Weather: Caught on Camera**
1.00 AM **Police Interceptors**
2.00 **Trucking Hell**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 827 125 25 156

6.10 AM **Inside the Ambulance**
7.00 **My Dream Home**
8.00 **Tipping Point**
11.00 **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **DIY SOS: The Big Build**
7.00 **MasterChef Junior USA** New edition The top eight head to the famous Magic Castle to celebrate its 60th anniversary.
8.00 **Ambulance Australia** Paramedics come to the aid of a woman suffering a diabetic seizure.
9.00 **Amber: The Girl Behind the Alert** Exploring the story of Amber Hagerman.
11.00 **First Responders**
12.00 M'T **Hashtag Murder**
1.00 AM **Stacey Dooley: Inside the Convent**
2.00 **to 3.00** AM **Alex Jones: Making Babies Special**

+1 hour 232/233 325

U&Drama

143 116 20 158

7.10 AM **All Creatures Great and Small**
8.00 **Doctors**
9.15 **Classic Holby City**
10.35 **Classic Casualty**
11.40 **The Bill**
12.40 PM **Classic EastEnders**
2.00 **Eldorado**
3.15 **Bergerac**
4.20 **All Creatures Great...**
5.20 **One Foot in the Grave**
6.00 **As Time Goes By**
6.40 **Last of the Summer Wine** Double bill.
8.00 **The Chelsea Detective**
9.00 **Bergerac** New episode *Different Rules Apply:* 4/6. Chloe finds evidence proving there's some truth in John Blakely's accusations. (S1) ■ Entire series on U
10.05 **New Tricks**
11.25 **Bergerac**
12.25 AM **Taggart**
2.20 **Birds of a Feather**
2.50 **to 4.00** AM **Classic Holby City**

+1 hour 243 316 60

SKY HD SD VIRGIN HD FREEVIEW HD FREESAT HD EE HD

THURSDAY Entertainment

Really
142 128 17 145

6.00 AM **Fantasy Homes by the Sea** French Riviera.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
10.00 **Money for Nothing**
12.00 NOON **Escape to the Country** Double bill.
2.00 PM **Antiques Road Trip**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Antiques Road Trip** The second leg for Paul Laidlaw and Margie Cooper begins in York. **8.00** Paul Laidlaw and Margie Cooper scour Scarborough for antiques.
9.00 **My Haunted Hometown** New edition Mines, quarries and tunnels are often the site of ghostly encounters.
10.00 **The Osbournes Want to Believe**
11.00 **Help! My House Is Haunted** Triple bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge
145 139 48 142

7.00 AM **The Chase**
10.00 **The Bidding Room**
11.00 **Play Your Cards Right**
12.00 NOON **Tenable**
1.00 PM **Family Fortunes**
3.00 **Catchphrase** Double bill of the game show.
4.00 **Blockbusters** Double bill of the quiz show.
5.00 **Bullseye** Double bill of the darts-based quiz.
6.00 **The Bidding Room** Items include an antique tombola machine.
7.00 **Tenable** Warwick Davis hosts the quiz show as a team of five from Manchester take part.
8.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
10.00 **Tenable** As 7.00pm.
11.00 **Bullseye** Double bill.
12.00 M'T **Weakest Link** Anne Robinson hosts the quiz.
1.00 AM **The Crystal Maze**
2.00 **The Chase** Double bill.
4.00 **Tenable** As 7.00pm.
5.00 **to 6.00** AM **Bullseye**

GREAT! action
323 426 42

8.10 AM **FILM Silverado** Western with Kevin Kline. (1985, PG, 132min) ★★★
11.00 **The High Chaparral**
12.00 NOON **Wanted: Dead or Alive** Double bill.
1.00 PM **FILM Decision at Sundown** Western. (1957, PG, 77min) ★★
2.50 **FILM Gunfighters** Western with Randolph Scott and Barbara Britton. (1947, PG, 87min) ★★
5.00 **Wanted: Dead or Alive**
7.00 **The High Chaparral**
8.00 **The Avengers** (S6)
9.00 **FILM End of a Gun** Thriller starring Steven Seagal and Florin Piersic Jr. (2016, 15, 87min) ★★
10.55 **FILM Stratton** Thriller starring Dominic Cooper. (2017, 15, 94min) ★★
12.55 AM **FILM Storm Cell** Action disaster movie. (2008, 12, 125min) ★
3.00 **to 5.00** AM **Wild West Chronicles**
+1hour 324

GREAT! movies
321 425 34

9.00 AM **FILM Lost Letter Mysteries: Lost Without You** Thriller. (2016, PG, 90min) ★★
11.00 **FILM Lost Letter Mysteries: Higher Ground** Crime drama. (2017, PG, 84min) ★★
1.00 PM **FILM My Baby Gone** Thriller. (2017, PG) ★★
3.00 **FILM Off the Rails** Drama. (2017, PG) ★★
5.05 **FILM An Aurora Teagarden Mystery: Real Murders** Thriller. (2015, PG, 90min) ★★
7.00 **Sue Thomas: F.B.Eye**
9.00 **FILM The Transporter Refuelled** Thriller sequel. (2015, 15, 96min) ★★
11.05 **FILM Acts of Violence** Drama. (2018, 15) ★★
1.05 AM **FILM Final Recourse** Thriller. (2013, PG) ★★
3.00 **Air Rescue** Double bill.
4.00 **to 6.00** AM **FILM Enemy Within** Thriller. (2007, 15, 96min) ★★
+1hour 322

GREAT! romance
319 424 52

8.00 AM **FILM Together Forever Tea** Comedy. (2021, PG, 90min) ★★
10.05 **FILM The Song to My Heart** (2022, PG) ★★
12.05 PM **FILM Let Love Grow** Drama. (2023, U) ★★
2.00 **FILM The Secret Ingredient** Comedy. (2020, PG, 83min) ★★
4.05 **FILM Love on the Rise** Drama. (2020, U) ★★
6.05 **FILM A Slice of Chicago Romance** Drama. (2022, PG, 85min) ★★
8.00 **FILM PREMIERE Wedding at the Hamptons** Drama. (2022, PG, 90min) ★★
9.55 **FILM A Picture Perfect Wedding** Drama. (2021, PG, 90min) ★★
11.50 **FILM My Best Friend's Bouquet** (2020, U) ★★
1.55 AM **Highway to Heaven**
3.00 **to 5.00** AM **FILM Love on the Sidelines** Comedy. (2016, PG) ★★
+1hour 320 63

Rewind TV
182 95

6.00 AM **Highlights**
8.30 **Worzel Gummidge**
9.00 **Bubblegum & Cheese**
10.00 **The Monkees** (S1)
10.30 **Watching** 3/6. (S3)
11.00 **Married... with Children**
11.30 **Bewitched** 18/36. (S1)
12.00 NOON **Shine on Harvey Moon** 2/6. (S2)
1.00 PM **Fantasy Island** (S1)
2.00 **Return of the Saint**
3.00 **Space 1999** 3/24. (S1)
4.00 **Bubblegum & Cheese**
5.00 **Married... with Children**
5.30 **Watching** 3/6. (S3)
6.00 **Bewitched** 18/36. (S1)
6.30 **The Monkees** (S1)
7.00 **Police Woman** (S1)
8.00 **Return of the Saint**
9.00 **Dark Skies** 6/20. (S1)
10.00 **Game On** 5/6. (S3)
10.35 **Drop the Dead Donkey**
11.05 **The Mrs Merton Show**
11.40 **Thriller** 5/10. (S1)
1.00 AM **Space 1999** (S1)
2.00 **Monkey** 3/26. (S1)
3.00 **Bubblegum & Cheese**
4.00 **to 6.00** AM **Highlights**

DMAX
159 169 39 147

6.00 AM **Alaska: The Last Frontier** Double bill.
8.00 **Outback Opal Hunters**
9.00 **Deadliest Catch**
11.00 **Alaska: Homestead Rescue** Double bill.
1.00 PM **Aussie Gold Hunters**
3.00 **Yukon Gold**
5.00 **Alaskan Bush People**
7.00 **Deadliest Catch** The king crab season arrives in Dutch Harbour. **8.00** The *Cornelia Marie* risks getting caught in a storm after blowing a head gasket.
9.00 **I Was Bitten** A man who was bitten by a snake on September 11, 2001. **10.00** Botfly maggots eat a man's flesh from under his skin.
11.00 **Aussie Gold Hunters**
12.00 M'T **Naked and Afraid XL** Documentary.
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Building Alaska**
+1hour 259 369 153

Food Network
140/141 190 43 148

6.00 AM **Michel Roux's Provence Masterclass**
7.00 **The Pioneer Woman**
9.00 **Jamie's 15 Minute Meals**
11.00 **Great British Bake Off**
12.30 PM **Paul Hollywood: City Bakes** New York.
1.00 **Michel Roux's Provence Masterclass**
2.00 **Michel Roux's French Country Cooking**
3.00 **The Pioneer Woman**
5.00 **Jamie's 15 Minute Meals**
7.00 **Great British Bake Off**
8.30 **Paul Hollywood: City Bakes** New York.
9.00 **Michel Roux's Provence Masterclass**
10.00 **James Martin's Islands to Highlands** James travels to Devon.
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food with Casey Webb**
2.00 **to 3.00** AM **Guy's Grocery Games**
+1hour 240/241 154

Legend
148 149 41 137

8.00 AM **Walker, Texas Ranger** 23/26. (S3)
9.00 **Six Million Dollar Man**
10.00 **T.J. Hooker** 20/23. (S4)
11.00 **FILM Meteor Apocalypse** Adventure. (2010, 15, 90min) ★
1.00 PM **FILM The Legend of the Lone Ranger** Western adventure. (1981, PG, 98min) ★
2.55 **FILM Charro!** Western. (1969, U, 98min) ★
5.00 **Star Trek** 17/26. (S2)
6.00 **T.J. Hooker** 21/23. (S4)
7.00 **Six Million Dollar Man**
8.00 **Walker, Texas Ranger**
9.00 **FILM Triple 9** Thriller. (2016, 15, 113min) ★★★
11.15 **FILM Armed Response** Crime action thriller. (2017, 15, 93min) ★
1.05 AM **FILM Revenge** Suspense thriller. (2017, 18, 108min) ★★★★
3.10 **to 5.00** AM **FILM Beware My Brethren** Thriller with Tony Beckley. (1972, 15, 98min) ★★

Legend Xtra
317 171 69 138

6.00 AM **FILM The Shape of Things to Come** (1979)
8.00 **Delete** Sci-fi thriller.
10.00 **Farscape** 3/22. (S3)
11.00 **FILM Malibu Shark Attack** Disaster movie. (2009, 15, 90min) ★★
1.00 PM **FILM Instrument of War** Drama. (2017, 12, 90min) ★★
3.00 **Farscape** 3/22. (S3)
4.00 **Star Trek** 25/26. (S2)
5.00 **FILM The Shape of Things to Come** Sci-fi thriller adaptation. (1979, 15, 94min) ★
7.00 **Farscape** 4/22. (S3)
8.00 **Star Trek** 26/26. (S2)
9.00 **FILM No Mercy** Thriller starring Richard Gere. (1986, 15, 105min) ★
11.05 **FILM Standoff** Thriller starring Thomas Jane. (2015, 15, 92min) ★★★
1.00 **to 3.00** AM **FILM Lonesome Dove Church** Western. (2014, 15, 89min) ★★
+1hour 318 371 139

Blaze
164 174 64 161

6.00 AM **Dickinson's Real...**
6.40 **Pawn Stars** Double bill.
7.30 **Container Wars**
7.55 **Storage Hunters**
8.55 **Hardcore Pawn**
10.15 **UFO Hunters**
11.10 **Conspiracy Files**
11.40 **National Park Mysteries**
12.10 PM **The Proof Is Out...**
1.05 **Storm Stories**
2.05 **Pawn Stars** Double bill.
3.05 **Storage Hunters**
4.00 **Ancient Aliens**
6.00 **UFO Hunters**
7.00 **Storage Hunters**
8.00 **Dickinson's Real Deal**
9.00 **Ancient Aliens**
10.00 **The Proof Is Out There**
11.00 **In Search of Aliens**
12.00 M'T **Curse of Skinwalker Ranch**
1.00 AM **UFO Hunters**
2.00 **Conspiracy Files**
2.30 **National Park Mysteries**
3.00 **Hardcore Pawn**
3.25 **Counting Cars**
4.10 **to 6.00** AM **Ancient Aliens**

5SELECT
153 138 46 133

9.00 AM **World's Most Scenic Railway Journeys** The El Chepe.
10.00 **Cornwall: A Year by the Sea** Documentary.
11.00 **Ben Fogle: New Lives in the Wild** Double bill.
1.00 PM **The Yorkshire Vet**
3.00 **Murder, She Wrote**
4.00 **Columbo**
6.00 **World's Most Scenic Railway Journeys**
7.00 **Ben Fogle: New Lives in the Wild** Double bill.
9.00 **Blenheim Palace: Behind the Grandeur** The head shepherd monitors the 1,500 lambs due to be born.
10.00 **The World's Most Expensive Hotels** Behind the scenes at Claridge's.
11.00 **Prisoner: Cell Block H**
1.00 AM **Bargain-Loving Brits in the Sun**
2.00 **Cruising with Jane McDonald** Double bill.
3.50 **to 4.00** AM **Entertainment News**

HGTV
158 191 44 149

7.00 AM **Building Alaska**
8.00 **A Place in the Sun**
10.00 **Escape to the Country**
12.00 NOON **My Lottery Dream Home**
2.00 PM **A Place in the Sun**
3.00 **Escape to the Country**
5.00 **A Place in the Sun**
8.00 **The Great Interior Design Challenge**
9.00 **Christina in the Country** New edition A couple give their '90s kitchen an update to match their grown-up vibe. She also searches for a Nashville investment property.
10.00 **The Flip Off** New edition Both teams try to curb the spending and make smarter design choices.
11.00 **Flip or Flop** Double bill.
12.00 M'T **Good Bones**
1.00 AM **Building Alaska**
2.00 **Home Town**
3.00 **to 4.00** AM **My Lottery Dream Home**
+1hour 258/262 391

TLC
133/134 828 165

7.00 AM **Extreme Cheapskates**
8.00 **Flip or Flop**
9.00 **Say Yes to the Dress: Lancashire** Double bill.
11.00 **My 600lb Life**
12.00 NOON **Dr Pimple Popper** Medical series.
1.00 PM **7 Little Johnstons**
2.00 **Return to Amish**
3.00 **Little People, Big World**
5.00 **My 600lb Life**
6.00 **Dr Pimple Popper**
7.00 **Say Yes to the Dress**
8.00 **I Didn't Know I Was Pregnant** Double bill.
9.00 **My 600lb Life**
11.00 **Sex Sent Me to the ER**
12.00 M'T **Body Bizarre**
1.00 AM **Extreme Cheapskates**
2.00 **My 600lb Life**
4.00 **I Didn't Know I Was Pregnant** Double bill.
5.00 **Extreme Couponing**
5.30 **to 6.00** AM **Extreme Cheapskates**
+1hour 233/234 365

Comedy Central
112/113 812 132 345 360

8.00 AM **Most Ridiculous**
9.00 **Guessable?**
10.00 **Home Improvement**
12.00 NOON **Last Man Standing** 5&7/22. (S4)
1.00 PM **Friends** (S2&3)
9.00 **FILM Vacation** Comedy sequel with Ed Helms and Christina Applegate. A family man follows in his father's footsteps by taking his wife and two sons on a road trip. (2015, 15, 95min) ★★
11.00 **Kevin Hart: Comedy Central Live** Stand-up.
11.30 **Amy Schumer: Comedy Central Live**
12.00 M'T **8 Out of 10 Cats**
1.00 AM **Whose Line Is It Anyway? USA**
2.00 **South Park** (S6)
3.00 **Tom Allen Absolutely Live** Stand-up comedy.
3.50 **The Daily Show** New edition Talk show.
4.15 **to 5.00** AM **Friends**
+1hour 212/213 332

Comedy Cen. Extra
127/128 154

6.00 AM **Home Improvement**
7.00 **Teleshopping**
9.00 **Impractical Jokers**
10.00 **Becker** 23&24/24. (S3)
11.00 **Friends** (S8&9)
1.00 PM **Criminally Funny**
2.30 **Impractical Jokers**
3.00 **Whose Line Is It Anyway? USA**
4.00 **Guessable?**
5.00 **Becker** 23&24/24. (S3)
6.00 **Home Improvement**
8.00 **Last Man Standing**
9.00 **New Girl** 13/24. Jess tries to find a date. **9.30** 14/24. Jess gets picked on by a pupil. (S1)
10.00 **Friends** 5-10/24. (S2)
1.00 AM **The Ren & Stimpy Show** Double bill. (S5)
2.00 **Roast of James Franco**
3.25 **Al Murray: And a Glass of White Wine for the Lady** Comedy show.
4.30 **Frank Skinner Live at Birmingham Hippodrome** Stand-up.
5.15 **to 6.00** AM **Home Improvement**

Sky Replay
152 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Four Weddings**
10.00 **Nothing to Declare**
11.00 **Border Patrol**
12.00 NOON **DC's Legends of Tomorrow** (S2)
2.00 PM **Motorway Patrol**
3.00 **UK Border Force**
4.00 **Border Patrol**
5.00 **Sun, Sea and A&E**
6.00 **Highway Cops**
7.00 **The Ark** 1&2/12. (S2)
9.00 **UK Border Force**
10.00 **Border Security: Canada's Front Line**
11.00 **Road Wars**
12.00 M'T **The Russell Howard Hour**
1.00 AM **A League of Their Own Road Trip: Southeast Asia**
2.00 **Hold the Front Page**
3.00 **Duck Quacks Don't Echo** Lee Mack hosts.
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

MTV
126/127 824 134

6.00 AM **Daria** 9/13. (S3)
6.20 **16 and Pregnant**
7.10 **Teen Mom OG**
9.00 **Teen Mom 2**
11.00 **Catfish: Meltdowns**
12.00 NOON **Catfish: The TV Show** Reality series.
1.00 PM **Catfish: Catch of the Day** Reality series.
2.00 **Catfish: Meltdowns**
3.00 **Catfish: The TV Show**
7.00 **Teen Mom: The Next Chapter** Reality series.
8.00 **Rich Kids Go Skint** A wealthy 21-year-old is sent to live with a single mother in Salford.
9.00 **Teen Mom: The Next Chapter** Reality series.
10.00 **Aussie Shore**
11.00 **Moving in with the Ex Wife** Documentary.
12.00 M'T **Love & Hip Hop: Atlanta** New edition Saucy opens up about a traumatic encounter.
1.00 AM **Ink Master**
2.45 **Ex on the Beach**
3.35 **to 4.00** AM **Teen Cribs**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 823 177 320 325

6.00 AM **How It's Made: Dream Cars** Double bill of the series.
7.00 **Treehouse Masters**
9.00 **Kindig Customs**
11.00 **Wheeler Dealers**
1.00 PM **Homestead Rescue: Raney Ranch** Double bill.
3.00 **The Last Woodsmen** Jared fights to get a truck running. **4.00** Jared races to save as many logs as he can.
5.00 **Deadliest Catch** Jack braves treacherous tidal currents.
6.00 **Wheeler Dealers** Mike brings back a 2001 Audi S4 Avant.

9.00 Naked and Afraid

7.00 **Salvage Hunters** The boys realise they have to fill up the van or the trip will make a loss, and they head to a salvage yard.
8.00 **Hoffman Family Gold** It's Jack's birthday, but outstanding season goals leave no time for any kind of celebrations.
9.00 NEW SERIES **Naked and Afraid** A double amputee and her ex-military partner battle the Belizean jungle.
10.00 **Naked and Afraid** New edition Two superfans rely on sheer grit as they take on Mexico's Yucatán jungle for 14 days.
11.00 **Mystery at Blind Frog Ranch** The crew must devise a plan to protect themselves from poisonous gases.
12.00 M'T **Mountain Monsters** A creature in West Virginia.
1.00 AM **Naked and Afraid**
3.00 **Texas Metal** Documentary.
4.00 **to 5.00** AM **Moonshiners**

+1 hour 225/226 377

Animal Planet

162/175 178

8.00 AM **Tanked** In Santa Monica.
9.00 **Pit Bulls & Parolees**
10.00 **My Cat from Hell**
11.00 **Animal Cops Philadelphia**
12.00 NOON **Tanked** A 24ft tank.
1.00 PM **Pit Bulls & Parolees**
2.00 **Project Grizzly** Double bill.
4.00 **My Cat from Hell** A cat that sprays all over the house.
5.00 **Lone Star Law** A report is received regarding the illegal dumping of deer carcasses.
6.00 **Tanked** Wayde and the team build a surprise fish tank for the opening of a business.

8.00 Meet the Orangutans

7.00 **Pit Bulls & Parolees** Two puppies diagnosed with swimmer's syndrome take their first steps with help from Tania and Mariah.
8.00 **Meet the Orangutans** A member's surrogate attachment causes issues. **8.30** There is a baby boom at the sanctuary.
9.00 **Meet the Penguins** The odds are stacked against an abandoned chick. **9.30** A leopard attack leaves 33 penguins dead.
10.00 **Edge of Alaska** Neil is on the brink of reopening the Motherlode mine for tourism, but a new arrival puts his empire at risk.
11.00 **Sharkwrecked: Crash Landing** A unique exploration of the world's most remote and shark-infested waters.
12.00 M'T **Sharktacular 2016**
1.00 AM **Edge of Alaska**
2.00 **My Cat from Hell**
3.00 **Lone Star Law**
4.00 **to 5.00** AM **Tanked**

+1 hour 262/275 378

Nat Geographic

129/130 825 183

8.00 AM **Food Factory**
9.00 **Air Crash Investigation: Special Report**
10.00 **Erased: WWII Heroes of Colour** Documentary.
11.00 **Rocky Mountain Railroad**
12.00 NOON **Car S.O.S**
2.00 PM **Air Crash Investigation**
3.00 **Drain the Oceans**
4.00 **Nazi Megastructures** The battle to control Guadalcanal.
5.00 **Car S.O.S** Tim Shaw and Fuzz Townshend fix a Fiat Spider.
6.00 **Lost Treasures of Egypt** The tomb of Cleopatra.

10.00 Lawless Island

7.00 **Air Crash Investigation** With flames emerging through the cockpit floor, the pilots somehow manage to land safely.
8.00 **Car S.O.S** New edition Tim Shaw and Fuzz Townshend attempt to rescue a rare, early 1990s Toyota Celica.
9.00 **Mysterious Islands** Explorers discover the troubled history of Japan's Battleship Island, and a skull found in a cave.
10.00 **Lawless Island** New edition With the help of Troy and Sarah, Squibb tackles a ticking time bomb that threatens to kill all life in the Bay.
11.00 **Air Crash Investigation**
12.00 M'T **Car S.O.S**
1.00 AM **Inside Sydney Airport**
2.00 **Bid & Destroy**
2.30 **Lords of War** Double bill.
3.20 **Food Factory**
4.10 **to 5.00** AM **Secrets of the Zoo: Keeper Tales**

+1 hour 229/230 383

Sky History

123/124 821 131 353 368

6.00 AM **American Pickers**
6.50 **Digging for Britain**
7.45 **Rust Valley Restorers**
8.45 **Forged in Fire**
9.35 **Auction Kings**
10.05 **Storage Wars** Four editions.
12.00 NOON **Mountain Men**
1.00 PM **Rust Valley Restorers**
2.00 **History's Greatest Aircraft**
4.00 **Curse of the Ancients**
5.00 **Pawn Stars** A Guns N' Roses-mad collector box.
6.00 **American Pickers** An old-school general store filled with country road gold.

8.00 Swamp People

7.00 **Forged in Fire** The contest heats up as the bladesmiths create a san mai billet in their most complex challenge yet.
8.00 NEW SERIES **Swamp People** The alligator hunters face a dangerous storm as they begin a new hunting season.
9.00 **Forged in Fire** New edition Two of the top champions create one of history's most famous swords – the Tizona.
10.00 **Forged in Fire** New edition Two former champions duel it out over five hours to make a pichangatti and shamshir.
11.00 **Alien Files: Unsealed**
12.00 M'T **Paranormal: Caught on Camera** A Pennsylvania family is terrorised by an entity, and a Bigfoot shocks witnesses.
1.00 AM **Rust Valley Restorers**
2.00 **Ancient Aliens**
3.00 **Combat Ships**
4.00 **to 6.00** AM **Storage Wars**

+1 hour 223/224 331

U&Yesterday

155 846 129 27 159

6.10 AM **Antiques Roadshow**
8.00 **World War Weird**
9.00 **Nazi Murder Mysteries**
10.00 **Secrets of the London Underground** From Holborn.
11.00 **A Year on the Yorkshire Steam Railway** Documentary.
12.00 NOON **The Americas with Simon Reeve** As 12.00m't.
1.00 PM **Antiques Roadshow**
2.00 **Bangers & Cash** Double bill.
4.00 **World War Weird**
5.00 **Nazi Murder Mysteries**
6.00 **Antiques Roadshow** From Buckfast Abbey in Devon.

9.00 Dream Car Fixers

7.00 **Our Guy in China** Guy Martin sets out to break the record for the fastest crossing of the Taklamakan Desert on a bicycle.
8.00 **Bangers & Cash** New edition Derek is off to Bradford to pick up a 1920s Cyclecar replica and an 1930 MGM race car.
9.00 **Dream Car Fixers** New edition Sheldon and Peter take on the first ever European Car of the Year, a Rover P6.
10.00 **Bangers & Cash** Dave and Jack head to East Yorkshire to pick up a dusty Alfa Romeo and a 1930s Jowett.
11.00 **Find It, Fix It, Flog It** Henry and Simon visit the Cotswolds and Somerset, where finds include an old munitions shell.
12.00 M'T **The Americas with Simon Reeve** Simon travels the length of California.
1.00 **to 3.00** AM **Antiques Roadshow**

+1 hour 255 329

Thursday

7 PM
8 PM
9 PM
10 PM

Quest

144 834 137 12 150 144

6.00 AM **Junkyard Empire**
8.00 **American Pickers**
9.00 **Aussie Gold Hunters**
12.00 NOON **The Repair Shop**
3.00 PM **Shed and Buried**
4.00 **Find It, Fix It, Flog It**
6.00 **The Repair Shop**
8.00 **Outback Crystal Hunters** Patrick faces extreme temperatures to recover a million-dollar Amethyst cluster.
9.00 **Outback Opal Hunters** New edition The Mooka Boys face the new season without chief mechanic Leif Tanzer.
10.00 **The Ultimate Cycling Show** New edition A guide to bike racing on the track, road and in the mountains.
11.00 **How Do They Do It?**
1.00 AM **Junkyard Empire**
3.00 **Find It, Fix It, Flog It**
4.00 **to 5.00** AM **How It's Made**

+1 hr 244 337 70 151

Quest Red

149 168 40 146

6.00 AM **Say Yes to the Dress: UK** Double bill.
7.00 **Curvy Brides Boutique**
8.00 **Say Yes to the Dress: Lancashire**
9.00 **Say Yes to the Dress**
11.00 **Forensic Detectives**
12.00 NOON **Married with Secrets** Crime series.
1.00 PM **Still a Mystery**
2.00 **Murder on CCTV**
3.00 **Judge Rinder's Crime Stories**
4.00 **American Monster**
6.00 **People Magazine Investigates**
7.00 **A Killer's Mistake**
8.00 **Murder on CCTV**
9.00 NEW SERIES **A Body in the Snow: The Trial of Karen Read** Double bill.
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** True-crime.
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 152

True Crime

146 148 67 135

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Murder by the Sea** When Margaret McOnie is found dead on a cliff top, a nationwide manhunt followed.
8.00 **Secrets of a Murder Detective** A look at the investigation into the murder of Michael Keen.
9.00 **Fatal Attraction** New edition Firefighters responding to an apartment fire make a grisly discovery.
10.00 **Bloodline Detectives** New edition Serial rapes spur fear in a city in North Carolina.
11.00 **Handsome Devils**
12.00 M'T **Murder on the Internet** Documentary.
1.00 AM **Fatal Attraction**
2.00 **Bloodline Detectives**
3.00 **Murder in Paradise**
4.00 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 172 68 134

9.00 AM **A Stranger in My Home** Double bill.
11.00 **Medical Detectives**
2.00 PM **A Stranger in My Home** Double bill.
3.00 **Shocking Crimes: Murder Book** A veteran investigator is brought out of retirement to track down a cop killer.
4.00 **Medical Detectives** Police dogs trace a killer's scent and reveal a twisted perpetrator. **4.30** Computer forensics help catch a killer. **5.00** A blaze that killed a middle-aged woman. **5.30** A forensic geologist tries to solve a murder. **6.00** A victim is poisoned with arsenic. **6.30** Two men confess to the same murder.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 820 121 349 364

6.00 AM **Highway Cops**
7.00 **Stop, Search, Seize**
8.00 **Road Wars**
9.00 **Brit Cops: Rapid Response** Documentary.
10.00 **The Force: Manchester**
11.00 **Catching the Killer**
12.00 NOON **How I Caught...**
1.00 PM **The Real Manhunter**
2.00 **Made for Murder**
3.00 **World's Most Evil Killers**
4.00 **Britain's Most Evil Killers**
5.00 **Catching the Killer**
6.00 **How I Caught the Killer**
7.00 **World's Most Evil Killers**
8.00 **Britain's Most Evil Killers** Maria Pearson.
9.00 **Ireland's Most Evil Killers** Colin Whelan.
10.00 **Murdered at First Sight**
11.00 **Catching the Killer**
12.00 M'T **Most Evil Killers**
1.00 AM **How I Caught...**
2.00 **Snapped** Double bill.
4.00 **Motorbike Cops**
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 222/223 321

PBS America

173 187 84 155

8.00 AM **America the Bountiful** New Mexico.
8.50 **American Dynasties: The Kennedys**
9.45 **Living in the Shadow of World War Two**
10.55 **Spy Ops** As 8.40pm.
11.55 **The Irish Civil War**
1.00 PM **America the Bountiful** New Mexico.
1.35 **American Dynasties: The Kennedys**
2.35 **Living in the Shadow of World War Two**
3.45 **Spy Ops** As 8.40pm.
4.50 **America the Bountiful**
5.20 **The Irish Civil War**
6.35 **American Dynasties: The Kennedys**
7.30 **Living in the Shadow of World War Two**
8.40 **Spy Ops** New edition MI6 plan an escapade.
9.40 **The Irish Civil War**
10.50 **Living in the Shadow of World War Two**
12.00 M'T **Spy Ops**
1.05 **to 2.00** AM **America the Bountiful**

SKY HD SD VIRGIN HD FREEVIEW HD FREESAT HD EE HD

THURSDAY

Sky Documentaries

121/122 819 188 352 367

6.00 AM **Rolling Stone: Stories from the Edge**
7.00 **Discovering: Michelle Pfeiffer**
8.00 **The Directors**
8.55 **The Vietnam War**
10.00 **Kings from Queens: The Run DMC Story**
10.55 **Hostages**
12.00 NOON **Love Has Won: The Cult of Mother God**
3.00 PM **Urban Secrets**
4.00 **The Directors**
5.00 **Discovering: Michelle Pfeiffer**
5.55 **The Vietnam War**
7.00 **Michael Flatley: Billion Dollar Dancer** Documentary looking back on the dancer's life and career, and following production of a 25th anniversary tour of his show *Lord of the Dance*.
9.00 **Nothing Compares** The story of Sinéad O'Connor's rise to fame.
11.00 **The Ghost of Richard Harris** The life and career of the actor.
1.00 AM **Val** Documentary focusing on the life of actor Val Kilmer.
3.00 **The Directors** Double bill.
5.00 **to 6.00** AM **Discovering: Michelle Pfeiffer**

Sky Nature

124/125 822 189 354 369

6.00 AM **Baby Animals**
7.00 **Monkey Life**
8.00 **Secrets of Wild Australia**
9.00 **Dawn to Dusk**
10.00 **Wildlife Icons**
11.00 **Animals Like Us**
12.00 NOON **Islands**
1.00 PM **Monkey Life**
2.00 **Secrets of Wild Australia**
3.00 **Dawn to Dusk**
4.00 **Wildlife Icons**
5.00 **Secret Life of the Tasmanian Devil** Documentary.
6.00 **Islands** Focusing on Borneo.
7.00 **Monkey Life** Double bill.
8.00 **Waterworld Africa** A cove on South Africa's western coast.
9.00 **Australia's Hidden Islands** A look at Fraser Island.
10.00 **Islands** Focusing on Borneo.
11.00 **Secret Life of the Tasmanian Devil** Documentary.
12.00 M'T **Animals Like Us**
1.00 AM **Into the Wild: India**
2.00 **Waterworld Africa**
3.00 **Australia's Hidden Islands**
4.00 **Secrets of Wild Australia**
5.00 **to 6.00** AM **Dawn to Dusk**

Sky History 2

163/168 840 186

6.00 AM **Ancient Aliens**
8.00 **History's Greatest Mysteries**
9.00 **Hitler's Secret Bomb**
10.00 **What on Earth?**
11.00 **Ancient Aliens**
1.00 PM **HMS Invincible: Digging Up Britain's Past**
2.00 **Digging for Britain**
3.00 **Lost Worlds**
4.00 **Hitler's Secret Bomb**
5.00 **The Proof Is Out There**
6.00 **What on Earth?**
7.00 **Ancient Aliens: The Ultimate Evidence**
8.00 **Ghost Ships** Searching the seabeds off Nova Scotia for wreckage from the SS Atlantic.
9.00 **Holy Marvels with Dennis Quaid** The whereabouts of various sacred artefacts.
10.00 **History's Greatest Mysteries**
11.00 **Alexander the Great**
12.00 M'T **Ancient Aliens**
2.00 AM **Digging for Britain**
3.00 **Celts: The Untold Story**
4.00 **Ancient Aliens: The Ultimate Evidence**
5.00 **to 6.00** AM **The Proof Is Out There**

Crime+Investigation

156 837 133

6.00 AM **Homicide: Hours to Kill**
7.00 **Homicide Hunter**
8.00 **The First 48**
9.00 **Meet, Marry, Murder**
10.00 **Hometown Tragedy**
11.00 **An Hour to Kill**
12.00 NOON **Buried in the Backyard**
1.00 PM **Somebody's Hiding...**
2.00 **Secrets of the Morgue**
3.00 **Robbie Coltrane's Critical Evidence**
4.00 **Meet, Marry, Murder**
5.00 **On the Case with Paula Zahn**
6.00 **After the First 48**
7.00 **The First 48**
8.00 **Hometown Tragedy** New editions Double bill.
9.00 **Homicide Squad: New Orleans** New edition
10.00 **Ozark Law** New edition
11.00 **Homicide Hunter**
12.00 M'T **Very Scary People**
2.00 AM **Homicide Squad: New...**
3.00 **Ozark Law**
4.00 **Somebody's Hiding Something**
5.00 **to 6.00** AM **On the Case with Paula Zahn**

+1 hour 256 333

WILD

165 841 182

8.00 AM **Secrets of the Zoo**
9.00 **World's Deadliest**
10.00 **Africa's Hunters**
11.00 **Africa's Deadliest**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Land of the Iberian Lynx**
4.00 **Secrets of the Zoo**
5.00 **The Incredible Dr Pol**
6.00 **Snakes in the City**
7.00 **Secrets of the Zoo**
8.00 **Saved from a Shark** The stories of people who believe dolphins and whales saved them from shark attacks.
9.00 **Last of the Giants: Wild Fish** Cyril and his team hear from local fishermen about a distant jungle lagoon.
10.00 **Ice Road Rescue** Thord and Erlend are spooked while trying to rescue a van. **11.00** Blizzards bring chaos to Norway's roads.
12.00 M'T **Monster Fish**
1.00 AM **Lawless Island**
2.00 **Fish Tank Kings**
3.00 **Secrets of the Zoo**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 181

7.00 AM **Mummy King Mystery: Rameses** As 8.00pm.
8.00 **Kings of Construction**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **Expedition Unknown**
2.00 PM **NASA's Unexplained Files**
3.00 **How the Universe Works**
4.00 **Treasure Quest: Snake Island**
5.00 **Mysteries at the Museum**
7.00 **Contact Project** A former CIA witness breaks his silence.
8.00 **Mummy King Mystery: Rameses** Egyptologist Zahi Hawass examines the pharaoh warrior dynasty and tries to determine the fate of Rameses I with the help of carbon dating and medical imaging.
9.00 **Salvage Hunters: Classic Cars** Drew buys a Fiat 130 coupe.
10.00 **Shed and Buried**
11.00 **Blowing Up History**
1.00 AM **How the Universe Works**
2.00 **NASA's Unexplained Files**
3.00 **to 5.00** AM **Expedition Unknown**

+1 hour 274 381

U&Eden

166 176 57 160

9.00 AM **Abandoned Engineering**
1.00 PM **Abandoned Engineering**
5.00 **The Bill** *Answers:* Lines and Dashwood re-investigate attacks on women that occurred two years prior. **5.30** *A Fresh Start:* Sun Hill mark the opening of their refurbished station. **6.00** *A Case to Answer:* Wray decides that things need to be changed in CID. **6.30** *Line Up:* PC Stamp arrests a man for robbery.
7.00 **Top of the Pops** Triple bill featuring classic chart-toppers.
9.00 **The Brokenwood Mysteries** *The Power of Steam:* 1/4. Mike and his team are drawn into a world of Victorian dress-up and escapism when they investigate a murder at a Brokenwood steampunk event. (S6)
11.00 **The Bill** Four episodes.
1.05 AM **Top of the Pops**
3.00 **The Brokenwood Mysteries**
4.40 **Abandoned Engineering**
5.25 **to 6.00** AM **The Bill**

+1 hour 266 376

ID

154 166

8.00 AM **The Lies That Bind**
9.00 **The Killer Beside Me**
11.00 **Evil Lives Here**
1.00 PM **Lone Star Justice**
3.00 **Murder in the Heartland**
5.00 **Love the Way You Lie**
7.00 **The Perfect Murder** Focusing on the case of film executive and former star UCLA basketball player Gavin Smith. **8.00** The murder of 24-year-old Washington Redskins star Sean Taylor.
9.00 **Murder in the Heartland** When teenager Jessica Dishon is murdered, police sort through her past relationships, jealous friends and an old family feud to find the killer.
10.00 **Born Evil: The Serial Killer & the Saviour** Hadden Clark reveals his partner in crime.
11.00 **Fallen Idols: Nick & Aaron Carter** Double bill of editions.
1.00 AM **The Lake Erie Murders**
2.00 **Love the Way You Lie**
4.00 **to 6.00** AM **The Perfect Murder**

+1 hour 254 366

Discovery Turbo

161/172 180

6.00 AM **Extreme RVs**
7.00 **Kindig Customs**
8.00 **Mega Shippers**
9.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Shed and Buried: Classic Cars** Henry and Fuzz take on a risky Triumph Spitfire.
1.00 PM **Junkyard Empire**
2.00 **Wheeler Dealers**
3.00 **Salvage Hunters: Classic Cars**
4.00 **Richard Hammond's Workshop**
6.00 **Salvage Hunters: Classic Cars**
7.00 **Shed and Buried**
8.00 **Richard Hammond's Workshop** Richard restores a 1947 Delahaye sports car.
9.00 **Iron Resurrection** Joe puts the final touches to the Chevy 3100.
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 M'T **Richard Hammond's...**
1.00 AM **Shed and Buried: Classic...**
2.00 **Iron Resurrection**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **Speed Is the New Black**

+1 hour 261/272

Films

Sky Cinema Premiere

301 401 501 515

6.35 AM **Sky Cinema Preview**
7.35 **Black Dog** Chinese drama. Subtitled. (2024, 12, 110min)
9.35 **Thelma** Action comedy. (2024, 12, 98min) ★★★★
11.20 **Horizon: An American Saga – Chapter 1** As 8.00pm.
2.30 PM **Fight or Flight** As 11.10pm.
4.25 **Blood for Dust** Action thriller starring Scoot McNairy. (2023, 15, 98min) ★★★
6.20 **AfrAid** Sci-fi horror with John Cho. (2024, 15, 84min) ★★

4.25 Blood for Dust

8.00 Horizon: An American Saga – Chapter 1 Western starring Kevin Costner, who also co-wrote and directed, with Sienna Miller and Sam Worthington. Families discover the lure of the Old West as they settle in territories from Wyoming to Kansas during the 19th century. Meanwhile, a seasoned cowboy goes on the run with a prostitute and a young boy after killing a fellow gunman. (2024, 15, 181min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.10 **Fight or Flight** Action thriller starring Josh Hartnett. (2025, 15, 98min) ★★★
12.55 AM **MaXXXine** Horror starring Mia Goth and Elizabeth Debicki. (2024, 18, 103min) ★★★
2.45 **Skincare** Dark comedy thriller starring Elizabeth Banks. (2024, 18, 86min) ★★★
4.30 **to 6.20** AM **Blood for Dust**

Sky Cinema Hits

303 403 503 517

6.10 AM **Zombie Town** As 3.50am.
8.00 **The Blackening** As 11.45pm.
9.45 **Sweethearts** Comedy. (2024, 15, 94min) ★★★
11.25 **Two Weeks Notice** Comedy. (2002, 12, 101min) ★★★
1.10 PM **Dunkirk** War drama. (2017, 12, 106min) ★★★★★
3.10 **Saving Private Ryan** Director Steven Spielberg's war drama. (1998, 15, 169min) ★★★★★
6.00 **Collateral** Crime thriller. (2004, 15, 120min) ★★★★

8.00 The Nun

8.00 The Nun Horror starring Taissa Farmiga and Storm Reid. A troubled priest and a novice nun discover a religious order's terrible secret and battle a malevolent force. With Jonas Bloquet. (2018, 15, 96min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 The Nun II Horror sequel starring Taissa Farmiga and Demián Bichir. Sister Irene is reacquainted with demonic Valak at a boarding school in France, and battles for the students' souls. (2023, 15, 110min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.45 **The Blackening** Horror comedy starring Grace Byers. (2022, 15, 97min) ★★★★
1.35 AM **Ride On** Action drama. (2023, PG, 126min) ★★★
3.50 **Zombie Town** Horror comedy. (2023, 12, 92min) ★★
5.35 **to 6.05** AM **Sky Cinema Preview**

Sky Cinema Drama

310 410 510 524

7.30 AM **The Starling Girl** (2023)
9.35 **Dallas Buyers Club** Drama. (2013, 15, 114min) ★★★★
11.45 **Spotlight** Fact-based drama. (2015, 15, 129min) ★★★★★
2.00 PM **Finding You** Romantic comedy drama starring Rose Reid. (2021, PG, 119min) ★★
4.05 **Frost/Nixon** Ron Howard's drama based on Peter Morgan's play. (2008, 15, 122min) ★★★★
6.15 **Quartet** Comedy drama. (2012, 12, 94min) ★★★★
8.00 **P.S. I Love You** Romantic comedy drama based on the novel by Cecelia Ahern, starring Hilary Swank and Gerard Butler. A widow begins receiving letters from her recently deceased husband to help her cope with her grief. With Lisa Kudrow. (2007, 12, 121min) ★★★
10.15 **The Swimmer** Israeli drama with Omer Perelman. Subtitled. (2021, 18, 84min) ★★★
11.50 **The Starling Girl** Drama. (2023, 15, 117min) ★★★★
2.00 AM **Widow Clicquot** Drama. (2023, 15, 90min) ★★★★
3.45 **I Used to Be Funny** Comedy drama. (2023, 15, 105min) ★★★
5.45 **to 7.35** AM **You Can Live Forever** Drama. (2022, 15) ★★★

Sky Cinema Sci-fi/Horror

311 411 511 525

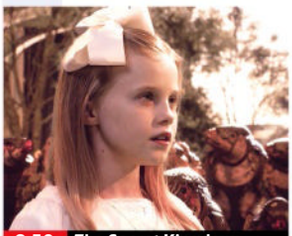
6.50 AM **A.I. Artificial Intelligence** Steven Spielberg's sci-fi fantasy. (2001, 12, 145min) ★★★★
9.25 **Something in the Dirt** As 2am.
11.30 **It** Stephen King chiller with Bill Skarsgård and Jaeden Lieberher. (2017, 15, 135min) ★★★★
1.55 PM **Annabelle: Creation** (2017)
3.55 **Arrival** Sci-fi drama starring Amy Adams and Jeremy Renner. (2016, 12, 116min) ★★★★★
6.00 **Insidious: Chapter 2** Thriller sequel starring Patrick Wilson. (2013, 15, 103min) ★★★
8.00 **War of the Worlds** Steven Spielberg's sci-fi thriller based on HG Wells' classic novel, starring Tom Cruise. (2005, 12, 116min) ★★★★
10.05 **Annabelle: Creation** Horror starring Anthony LaPaglia. A nun and several girls from an orphanage become the target of a dollmaker's possessed creation. (2017, 15, 109min) ★★★
12.05 AM **Slingshot** Sci-fi thriller. (2024, 15, 108min) ★★★
2.00 **Something in the Dirt** Comedy drama with Aaron Moorhead. (2022, 15, 116min) ★★★★
4.05 **to 6.15** AM **Riddick** Sci-fi thriller sequel starring Vin Diesel. (2013, 15, 122min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 406 506 520

7.20 AM **Big Fat Liar** Teen comedy. (2002, PG, 88min) ★★★
8.50 **The Secret Kingdom** Fantasy. (2023, PG, 98min) ★
10.35 **Monster Trucks** Fantasy. (2016, PG, 104min) ★★★
12.25 PM **Pan** (2015, PG) ★★★
2.20 **The Spiderwick Chronicles** Fantasy. (2008, PG) ★★★★
4.00 **The Hobbit: The Battle of the Five Armies** (2014, 12) ★★★
6.40 **The Smurfs** Family adventure. (2011, U, 103min) ★★


8.50 The Secret Kingdom

8.25 **The Smurfs 2** Adventure sequel mixing live action and animation, starring Hank Azaria, Neil Patrick Harris, Jayma Mays and Brendan Gleeson. The Smurfs and their human friends dash around Paris to thwart an evil wizard. (2013, U, 104min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

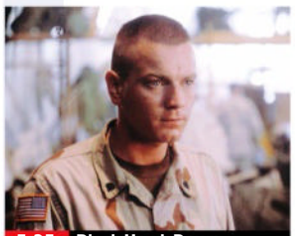
10.15 **Patch Adams** Fact-based comedy melodrama starring Robin Williams, about an unorthodox medical student whose views put him at odds with the establishment. (1998, 12, 115min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **It Takes Two** Family comedy. (1995, U, 97min) ★
2.10 **Beethoven** Family comedy. (1992, U, 87min) ★★★
3.50 **Beethoven's 2nd** Comedy sequel. (1993, U, 89min) ★★
5.35 **The Cinema List: Family**
5.55 **to 7.45** AM **A Tiger's Journey** Drama. (2023, PG) ★★★

Sky Cinema Action

307 407 507 521

7.30 AM **Black Hawk Down** (2001)
10.05 **The Mummy: Tomb of the Dragon Emperor** Adventure sequel starring Brendan Fraser. (2008, 12, 112min) ★★★
12.10 PM **Man of Steel** Fantasy. (2013, 12, 143min) ★★★
2.40 **Superman Returns** Fantasy. (2006, 12, 154min) ★★★
5.25 **Black Hawk Down** Ridley Scott's war drama with Josh Hartnett and Ewan McGregor. (2001, 15, 144min) ★★★


5.25 Black Hawk Down

8.00 **Bad Boys for Life** Action comedy thriller sequel starring Will Smith and Martin Lawrence. Miami detective Mike Lowrey is targeted for assassination by a crime lord's widow. With Paola Nunez and Vanessa Hudgens. (2020, 15, 124min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 **John Wick** Action thriller, starring Keanu Reeves. A former assassin who has turned his back on violence is provoked into a murderous rage when a criminal kills his dog. (2014, 15, 101min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **John Wick: Chapter 2** Action thriller sequel. (2017, 15, 122min) ★★★★
1.55 AM **Oldboy** South Korean revenge thriller. Subtitled. (2003, 18, 120min) ★★★★
4.05 **R.I.P.D** Action comedy. (2013, 12, 96min) ★★★
5.45 **to 6.00** AM **The Cinema List**

Sky Cinema Comedy

308 408 508 522

7.30 AM **Am I OK?** As 1.45am.
9.00 **Mean Girls** (2023, 12) ★★★
10.55 **How to Be Single** Comedy. (2016, 15, 107min) ★★★
12.50 PM **How to Lose a Guy in 10 Days** Romantic comedy. (2003, 12, 116min) ★★★
2.50 **Ride Along** Police comedy. (2014, 12, 97min) ★★
4.35 **Ride Along 2** Comedy sequel. (2016, 12, 102min) ★★
6.20 **Horrible Bosses** Comedy. (2011, 15, 93min) ★★★

8.00 Tropic Thunder

8.00 **Tropic Thunder** Spoof war movie directed by and starring Ben Stiller, with Robert Downey Jr and Jack Black. A group of actors are dropped into a Southeast Asian jungle to film a war movie. (2008, 15, 107min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

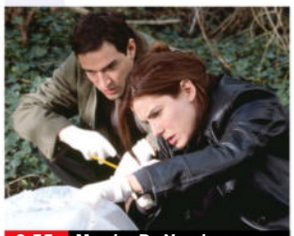
9.55 **LaRoy, Texas** Crime caper starring Steve Zahn, John Magaro and Dylan Baker. A suicidal man is mistaken for a low-rent hitman by a stranger. (2023, 15, 112min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 **Swede Caroline** Comedy starring Jo Hartley and Aisling Bea. (2024, 15, 98min) ★★★
1.45 AM **Am I OK?** Comedy drama starring Dakota Johnson. (2022, 15, 86min) ★★★
3.20 **What Happens Later** Romantic comedy with Meg Ryan. (2023, 15, 99min) ★★★
5.10 **to 6.55** AM **The Boss** Comedy. (2015, 15, 89min) ★★★

Sky Cinema Thriller

309 409 509 523

6.40 AM **One Day as a Lion** (2023)
8.20 **Zero Dark Thirty** Kathryn Bigelow's fact-based drama. (2012, 15, 157min) ★★★★★
11.10 **Retribution** Action thriller. (2023, 12, 91min) ★★
12.55 PM **Ocean's Thirteen** Thriller sequel starring George Clooney. (2007, PG, 122min) ★★★
3.10 **Child 44** Detective thriller. (2015, 15, 134min) ★★★
5.40 **In the Line of Fire** Thriller. (1993, 15, 127min) ★★★★


9.55 Murder By Numbers

8.00 **Ocean's Eight** Crime caper starring Sandra Bullock, Cate Blanchett and Anne Hathaway. Following in the footsteps of brother Danny, light-fingered Debbie Ocean plans a complex heist. (2018, 12, 110min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

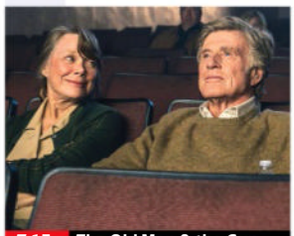
9.55 **Murder by Numbers** Thriller starring Sandra Bullock as a veteran cop investigating a murder committed for kicks by two high-school students. With Ben Chaplin, Ryan Gosling and Michael Pitt. (2002, 15, 120min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.10 AM **One Day as a Lion** Thriller. (2023, 15, 87min) ★★★
1.45 **Desperation Road** Thriller. (2023, 18, 112min) ★★★★
3.50 **Nighthawks** Action thriller. (1981, 18, 99min) ★★★
5.45 **to 7.50** AM **Contraband** Thriller with Mark Wahlberg. (2012, 15, 105min) ★★★

Film4

313 855 428 14 300

■ **Films start at 11.00am**
11.00 AM **The War Lover** Wartime drama. (1962, b/w, PG) ★★★
1.10 PM **Von Ryan's Express** War drama. (1965, PG) ★★★★
3.25 **Yesterday's Enemy** War drama. (1959, b/w, PG) ★★★★
5.15 **The Bravados** Western. (1958, PG, 98min) ★★★
7.15 **The Old Man & the Gun** Fact-based crime drama starring Robert Redford. (2018, 12, 93min) ★★★★


7.15 The Old Man & the Gun

The Old Man & the Gun (film started at 7.15pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9.00 **Jack Reacher: Never Go Back** Action thriller sequel starring Tom Cruise and Cobie Smulders. The vigilante tries to save an army major who has been framed for murder by a sinister conspiracy. (2016, 12, 118min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM

11.20 **PREMIERE** **Raging Grace** Horror thriller starring Max Eigenmann. An immigrant discovers a dark secret at her job caring for a terminally ill man. (2023, 15, 100min) ★★★ *See review, page 27.*
1.25 **to 3.15** AM **Hearts of Darkness: A Filmmaker's Apocalypse** Documentary. (1991, 15, 96min) ★★★★

11 PM

+1 hour 314 430 47 301

Sky Cinema Originals

302 402 502 516

6.30 AM **Dragon Rider** Animation. (2020, PG, 91min) ★★★
8.05 **The Tiger Rising** Family drama. (2022, PG, 102min) ★★★
10.05 **The Portable Door** Fantasy with Christoph Waltz and Sam Neill. (2023, PG, 130min) ★★★
12.05 PM **Save the Cinema** Fact-based comedy drama. (2021, 12, 109min) ★★★
2.05 **The Beekeeper** As 10.00pm.
4.00 **Promising Young Woman** Thriller starring Carey Mulligan. (2020, 15, 113min) ★★★★
6.00 **The Dry** Crime drama with Eric Bana. (2020, 15, 117min) ★★★★
8.00 **Force of Nature: The Dry 2** Thriller sequel starring Eric Bana. (2024, 15, 120min) ★★★
10.00 **The Beekeeper** Action thriller starring Jason Statham. (2023, 15, 105min) ★★★
11.50 **Last Seen Alive** Mystery thriller starring Gerard Butler. (2022, 15, 95min) ★★★
1.30 AM **Black Site** Action thriller starring Michelle Monaghan. (2022, 15, 93min) ★★
3.00 **Force of Nature: The Dry 2**
4.55 **Sky Cinema Preview**
5.40 **to 7.55** AM **The Adventures of Baron Munchausen** Fantasy. (1988, PG, 126min) ★★★★

Sky Cinema Classics

304 404 504 518

6.20 AM **The Italian Job** Crime caper. (1969, PG, 100min) ★★★★★
8.15 **Game of Death** As 1.45am.
10.00 **Fist of Fury** Martial arts thriller. (1972, 18, 106min) ★★★
12.00 NOON **Mission: Impossible**
2.00 PM **Gremlins** Horror comedy. (1984, 12, 106min) ★★★★
4.00 **Gremlins 2: The New Batch** Horror comedy fantasy sequel. (1990, 12, 107min) ★★★
6.00 **Blade Runner** As 11.45pm.
8.00 **Mission: Impossible** Brian De Palma's action thriller starring Tom Cruise. An undercover agent devises a risky plan to expose the traitor who betrayed him and his colleagues. (1996, PG, 110min) ★★★
10.00 **Silent Running** Cult sci-fi drama starring Bruce Dern as a 21st-century botanist tending the Earth's last remaining vegetation samples on a space station. (1972, U, 90min) ★★★★
11.45 **Blade Runner** Ridley Scott's thriller starring Harrison Ford. (1982, 15, 130min) ★★★★★
1.45 AM **Game of Death** Martial arts thriller. (1978, 18, 82min) ★★★
3.35 **Silent Running** As 10.00pm.
5.15 **to 6.00** AM **Sky Cinema Preview**

Sky Cinema Animation

305 412 500 514

6.25 AM **Teen Titans Go! & DC...**
7.55 **Wallace & Gromit: The Curse of the Were-Rabbit** Animation. (2005, U, 85min) ★★★★★
9.30 **The Swan Princess** Animated musical. (1994, U, 89min) ★★★
11.10 **Fireheart** As 8.55pm.
12.50 PM **The Nut Job** Animated comedy. (2014, U, 85min) ★★★
2.20 **Madagascar: Escape 2 Africa** Animation. (2008, PG) ★★★
4.00 **Madagascar 3: Europe's Most Wanted** Animated sequel. (2012, PG, 93min) ★★★★
5.35 **The Boss Baby** Animated comedy. (2017, U, 97min) ★★★
7.20 **Dr Seuss' The Lorax** Animated comedy. (2012, U, 86min) ★★★
8.55 **Fireheart** Animated adventure. (2022, U, 92min) ★★★
10.35 **Tad the Lost Explorer and the Secret of King Midas** Animated fantasy. (2017, U, 85min) ★★★
12.05 AM **Batman Unlimited: Monster Mayhem** (2015, PG) ★★★
1.35 **Teen Titans Go! & DC Super Hero Girls: Mayhem in the Multiverse** (2022, PG) ★★★
3.00 **Boonie Bears: Guardian Code** Animation. (2023, PG) ★★★
4.40 **to 6.20** AM **The Canterville Ghost** Animated adventure. (2023, PG, 89min) ★★

Movies 24

312 419

7.00 AM **Blind Date Book Club** Drama. (2024, PG, 90min) ★★
9.00 **A Royal Makeover** Romantic comedy. (2023, PG, 87min) ★★
11.00 **Love's Greek to Me** Romantic drama. (2023, PG, 90min) ★★
1.00 PM **Fashionably in Love** Romantic comedy drama. (2023, PG, 87min) ★★
3.00 **Planning for Joy** Romantic comedy. (2022, PG, 86min) ★★
5.00 **Hearts in the Game** Romantic comedy. (2023, PG, 84min) ★★
7.00 **Savoring Paris** Romantic drama starring Bethany Joy Lenz. (2024, PG, 90min) ★★
9.00 **Flowers and Honey** Romantic drama with Ashley Newbrough. A florist's life changes when her aunt dies and leaves her ranch to her. With the help of her neighbour, she tackles the land. (2021, PG, 90min) ★★
11.00 **Love and the Radio Star** Comedy. (2022, PG, 90min) ★★
1.00 AM **A Nashville Legacy** Romantic comedy drama. (2023, PG, 85min) ★★
3.00 **to 5.00** AM **Autumn at Apple Hill** Romantic comedy. (2024, PG, 84min) ★★

Movies 24+ 315 420

Talking Pictures

328 445 82 306

6.00 AM **Sherlock Holmes** (S1)
6.35 **Operation Diplomat** Crime drama. (1953, b/w, U, 70min) ★★
7.55 **I Only Asked!** Farcical comedy. (1958, b/w, U, 82min) ★★
9.35 **I Love Trouble** Crime drama. (1947, b/w, PG, 93min) ★★★
11.30 **Shipwrecked** Adventure. (1991, U, 93min) ★★
1.20 PM **Snowbound** Thriller. (1948, b/w, PG, 87min) ★★★
3.00 **Crown Court** Triple bill.
4.30 **Crooks Anonymous** Crime comedy starring Leslie Phillips. (1962, b/w, U, 87min) ★★
6.10 **The Man From Yesterday** Thriller starring John Stuart. (1949, b/w, PG, 68min) ★★★
7.30 **The Cheaters** 2/12. (S1)
8.00 **The Brothers** 1/13. Mary awaits Brian's return from Italy. (S6)
9.05 **Reckless** 6/6. Anna finally makes a choice between Owen and Richard. (S1)
10.10 **The Gold Robbers** 4/13. (S1)
11.15 **The Glass** 1/6. Drama with John Thaw and Sarah Lancashire. (S1)
12.20 AM **The Onion Field** Fact-based crime drama. (1979, 18, 126min) ★★★
2.50 **The Chase** Action melodrama. (1966, 15, 128min) ★★★
5.30 **to 6.00** AM **26 Men**

Thursday

Sky Sports Main Event

401 511 501 419 439

6.00 AM **LIVE DP World Tour Golf** Day one of the Porsche Singapore Classic from Laguna National Golf Resort Club in Singapore.
10.00 **The Football Show** A detailed look at all the major stories making the football headlines.
11.30 **LIVE PGA Tour Golf** The early stages of day one of the Valspar Championship at Innisbrook Resort in Palm Harbor, Florida.
3.00 PM **LIVE WTA & ATP Tennis** Coverage of the third day of the Miami Open, a hard-court tournament at Miami Gardens.
7.00 **LIVE Premier League Darts** Coverage of the seventh night of the tournament staged at Utilita Arena in Cardiff, with a format featuring quarter-finals, semi-finals and a final all in one night.
11.00 **LIVE WTA & ATP Tennis** Continued coverage of the third day of the Miami Open, a hard-court tournament staged at Miami Gardens in Florida.
3.00 AM **LIVE Formula 1** Coverage of the Chinese Grand Prix first practice session staged at Shanghai International Circuit.
5.00 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
8.00 **Premier League Best Goals**
9.00 **Premier League 100 Club**
10.00 **The Football Show**
12.00 NOON **Gary Neville's Soccerbox** Double bill.
1.00 PM **Premier League Years**
3.00 **PL Retro** Liverpool v Blackburn Rovers from the 1994/95 season.
5.00 **Premier League Best Goals** A selection of great strikes from the 1999/2000 season.
6.00 **PL 100: Jimmy Floyd Hasselbaink** A look at the best of the forward's top-flight goals.
6.30 **PL 100: Peter Crouch**
7.00 **The Big Interview**
7.30 **Premier League Stories**
8.00 **Gary Neville's Soccerbox**
9.00 **The Big Interview**
9.30 **Premier League Stories**
10.00 **Premier League Icons**
11.00 **Premier League Years** A look back at memorable moments from the 2013/14 season.
1.00 AM **PL Retro** Liverpool v Chelsea from the 2013/14 season.
3.00 **PL Greatest Games**
4.00 **Premier League Best Goals**
5.30 **to 6.00** AM **Premier League 100 Club**

Sky Sports Football

403 513 503 421 441

6.00 AM **EFL** Championship play-offs.
9.00 **EFL Greatest Games**
10.00 **EFL Cup Retro** The 2010 final.
12.00 NOON **EFL Highlights**
1.00 PM **Best Goals: EFL Cup 24/25**
1.30 **EFL Highlights**
2.00 **EFL Cup Highlights**
3.00 **EFL Highlights** Championship.
4.30 **Best Goals: EFL Cup 24/25**
5.00 **EFL Cup Highlights**
6.00 **EFL Highlights**
6.30 **Bundesliga Weekly**
7.00 **EFL Highlights**
8.00 **Scottish Premiership Round-Up** Recent action.
8.15 **SPFL Highlights** Celtic v Rangers in the Scottish Premiership.
8.45 **EFL Highlights** Coventry City v Sunderland in the Championship.
9.00 **Bundesliga Weekly**
9.30 **EFL Highlights**
10.00 **Scottish Premiership Round-Up** Recent action.
10.15 **SPFL Highlights**
10.45 **EFL Highlights** Oxford v Watford.
11.00 **Bundesliga Weekly**
11.30 **EFL Greatest Games**
12.00 M'T **Henrik Larsson: 20 Years On** The former Celtic striker talks about his time at the club.
1.00 AM **Celtic's Invincibles**
2.00 **to 6.00** AM **SPFL Highlights**

Sky Sports Cricket

404 514 504 422 442

6.00 AM **IPL** Recent action.
8.00 **History of the ICC Champions Trophy** Reflect on the eight previous editions of the tournament.
9.00 **IPL** Recent action from India.
11.00 **ICC Champions Trophy Cricket**
12.00 NOON **IPL** Highlights.
4.00 PM **ICC Champions Trophy Cricket** India v New Zealand.
5.00 **History of the ICC Champions Trophy** Reflect on the eight previous editions of the tournament.
6.00 **IPL** Royal Challengers Bengaluru v Kolkata Knight Riders. **7.00** Highlights of Rajasthan Royals v Delhi Capitals.
8.00 **ICC Champions Trophy Cricket** India v New Zealand in the final.
9.00 **IPL** Action from Sunrisers Hyderabad v Mumbai Indians. **10.00** Highlights of Chennai Super Kings v Gujarat Titans.
11.00 **WPL** Action from Mumbai Indians v Gujarat Giants in Mumbai.
12.00 M'T **IPL** Highlights from Kolkata Knight Riders v Sunrisers Hyderabad in the 2024 final. **1.00** AM Rajasthan Royals v Royal Challengers Bengaluru in the 2024 eliminator match.
2.00 **WPL** Recent action from India.
5.00 **to 6.00** AM **IPL**

Sky Sports Golf

405 515 505 423 443

6.00 AM **LIVE DP World Tour Golf** Day one of the Porsche Singapore Classic from Laguna National Golf Resort Club in Singapore.
10.00 **UnFiltered at the Rolex Series**
10.30 **PGA Tour: The Cut**
11.00 **HotelPlanner Tour Golf Highlights** Kolkata Challenge.
11.30 **LIVE PGA Tour Golf** The early stages of day one of the Valspar Championship from Innisbrook Resort in Palm Harbor, Florida.
6.00 PM **LIVE PGA Tour Golf** Further coverage of the opening day of the Valspar Championship.
10.00 **PGA Tour Champions**
11.00 **Icons Series Golf**
12.00 M'T **Playing Lessons**
1.00 AM **PGA Tour Champions**
2.00 **Playing Lessons**
3.00 **PGA Tour Golf** Recent action.
4.00 **Ladies European Tour Golf**
5.00 **to 6.00** AM **LIVE DP World Tour Golf** Coverage of day two of the Porsche Singapore Classic.

Sky Sports Tennis

407 537 520 425 445

6.00 AM **WTA Tennis** Action from the Dubai Tennis Championships. **6.30** Indian Wells Open.
7.00 **WTA & ATP Tennis** A look back at day two of the Miami Open.
3.00 PM **LIVE WTA & ATP Tennis** Coverage of the third day of the Miami Open at Miami Gardens, featuring matches in the second round of the women's singles and the first of the men's singles.
3.00 AM **Mirra Andreeva Podcast**
3.15 **Bitesize Tennis** Highlights.
3.45 **Tim Henman Podcast 2024**
4.00 **to 6.00** AM **WTA Tennis**

TNT Sports 1

410 870 521 408 430

6.00 AM **SailGP Highlights**
7.00 **TNT Sports Cricket Reload**
7.15 **Serie A – Full Impact**
7.45 **Premier League Netbusters**
8.15 **LIVE AFL Carlton Blues v Hawthorn Hawks.** From Melbourne. Bounce-up **8.30am**.
11.15 **Premier League Reload**
11.30 **Champions League Magazine**
12.00 NOON **MotoGP Highlights**
1.00 PM **Cycling Pro Series**
4.00 **LIVE Ski Jumping** Day one of the women's HS130 from Lahti.
5.45 **Premier League Reload**
6.00 **Premier League Stories**
6.30 **Premier League: Big Interview**
7.00 **Premier League Netbusters**
7.30 **Serie A – Full Impact**
8.00 **Ski Jumping** From Lahti, Finland.
8.30 **Snowboarding** In Engadin.
9.00 **Fight Night** Ball v Doheny.
11.00 **MotoGP Rewind**
11.15 **TNT Sports Reload**
11.30 **T20 Cricket Highlights**
12.30 AM **Women's T20 International Cricket**
1.30 **LIVE Women's International T20 Cricket New Zealand v Australia.** Coverage of the first T20 from Eden Park in Auckland.
5.30 **to 6.00** AM **TNT Sports Reload**

TNT Sports 2

411 871 522 409 431

6.00 AM **Cycling Pro Series**
9.00 **Original Documentary**
10.00 **LIVE World Rally** Special stage one of the Safari Kenya.
12.00 NOON **SailGP Highlights**
1.00 PM **Discovery Golf**
1.30 **LIVE World Rally Championship** Safari Kenya.
2.30 **NBA** Lakers v Nuggets.
4.00 **Premier League Netbusters**
4.30 **TNT Sports Reload**
4.45 **MotoGP Rewind**
5.00 **Cycling Pro Series**
5.30 **Discovery Golf**
6.00 **AFL** Blues v Hawks.
8.00 **Premiership Rugby Cup**
9.00 **MotoGP Highlights**
10.00 **Cycling Pro Series**
10.30 **NBA Action** Highlights.
11.00 **Ultimate Pool** Recent action.
12.30 AM **NBA** Lakers v Nuggets.
2.00 **Ski Jumping** In Lahti, Finland.
2.30 **Snowboarding** From Engadin.
3.00 **TNT Sports Reload**
3.15 **MotoGP Highlights**
4.15 **LIVE World Rally Championship** Special stage three of the Safari Kenya.
5.30 **TNT Sports Reload**
5.45 **to 6.45** AM **LIVE World Rally Championship** Safari Kenya.

Sky Sports Action

408 517 507 426 446

6.00 AM **Super League Highlights**
7.00 **Fight Night International**
9.00 **LIVE NRL Melbourne Storm v Penrith Panthers.** Coverage of the match from the third round of fixtures staged at AAMI Park in Melbourne. Kick-off **9.00am**.
11.00 **Fight Night** Jonas v Price.
12.00 NOON **Super League Highlights** Recent action.
1.00 PM **The Rugby Championship**
3.00 **Fight Night International**
4.00 **Super League Highlights**
5.00 **Top Rank Boxing Archive**
6.15 **Legends of Darts**
6.30 **Darts Gold** Archive action.
7.00 **LIVE Premier League Darts** Coverage of the seventh night of the tournament staged at Utilita Arena in Cardiff, with a format featuring quarter-finals, semi-finals and a final all in one night.
11.00 **Darts Gold** Archive action.
11.30 **Legends of Darts**
12.00 M'T **Super League Highlights**
12.15 AM **Premier League Darts** Another chance to see night seven.
4.15 **Darts Gold** Archive highlights.
4.45 **Legends of Darts**
5.15 **to 6.00** AM **Top Rank Boxing Archive**

Sky Sports Sky Sports+

412 518 508 427 447

6.00 AM **Sky Sports News** A round-up of the sports news, with live analysis and comment.
7.00 **Good Morning Sports Fans** News and views on today's early stories, a look at the back pages, a tip on today's racing and a sporting weather forecast.
10.00 **The Football Show** A detailed look at all the major stories making the football headlines.
12.00 NOON **Lunchtime Live** All the sports stories making the headlines this lunchtime.
2.00 PM **Sports Desk** Sports news with live analysis and comments.
4.00 **LIVE NCAA Basketball** Rolling coverage of today's matches in the NCAA college basketball tournament, as a number of subregional first-round games take place at arenas around the country. A total of four regional competitions will take place over the next two weeks to whittle a total of 64 teams down to just one per region, who will all then progress to the prestigious Final Four in a tournament that is affectionally referred to Stateside as March Madness.
4.00 **to 6.00** AM **Sky Sports News**

Sky Sports Mix

416 873 510 429 449

6.00 AM **Super League Highlights**
6.30 **The Rugby Championship**
8.30 **My Icon** Sporting influences.
9.00 **State of Origin Rugby League Highlights** Action from 2024.
12.00 NOON **Women's State of Origin**
1.00 PM **My Icon** Sporting influences.
1.30 **Fight Night International**
2.30 **The Rugby Championship**
4.30 **Fight Night International**
5.30 **Super League Highlights**
6.30 **The Rugby Championship**
8.30 **My Icon** Sporting influences.
9.00 **Fight Night International**
10.00 **The Rugby Championship**
12.00 M'T **Top Rank Boxing Archive**
12.45 AM **My Icon** Sporting influences.
1.15 **Fight Night International**
2.15 **My Icon** Pam Cookey.
2.30 **The Rugby Championship**
4.30 **Fight Night** Jonas v Price.
5.30 **to 6.00** AM **My Icon**

TNT Sports 3

413 874 523 410 432

6.00 AM **UEFA Women's Champions League** Recent highlights.
8.00 **Women's T20 International Cricket** New Zealand v Sri Lanka.
9.00 **T20 Cricket Highlights**
10.00 **Serie A** Action from Italy.
12.00 NOON **UEFA Women's Champions League**
2.00 PM **MLB** A chance to see Chicago Cubs v Los Angeles Dodgers.
5.00 **NBA Action** A round-up of the latest action from the NBA.
5.30 **NBA** A replay of Oklahoma City Thunder v Philadelphia 76ers.
7.00 **Fishing: On the Bank**
8.00 **T20 Cricket Highlights**
9.00 **UFC** Another chance to see Marvin Vettori v Roman Dolidze.
12.00 M'T **AFL** Recent action.
2.00 AM **NBA Action** Highlights.
2.30 **LIVE NBA Los Angeles Lakers v Milwaukee Bucks.** The inter-conference match from Crypto.com Arena. Tip-off **2.30am**.
5.00 **to 6.00** AM **NBA Originals**

TNT Sports 4

414 876 524 411 434

6.00 AM **Freestyle Skiing World Championship** Recent action.
7.00 **Isuzu UTE A-League**
12.00 NOON **LIVE Snowboarding** The men's and women's parallel giant slalom finals from Engadin.
1.30 PM **TNT Sports Reload**
2.00 **Premiership Rugby Cup**
3.00 **LIVE Powerlifting European Classic Championship** The third day from Malaga in Spain.
6.00 **Women's T20 International Cricket** New Zealand v Sri Lanka.
7.00 **Premiership Women's Rugby**
8.00 **Women's Champions League**
12.00 M'T **Ski Jumping** From Lahti.
12.30 AM **Snowboarding**
1.00 **SailGP Highlights**
2.00 **Fishing: On the Bank**
3.00 **Ninja A-League Women**
3.30 **Isuzu A-League Highlights**
4.00 **Serie A – Full Impact**
4.30 **Premier League Legends**
5.00 **Ski Jumping** From Lahti.
5.30 **to 6.00** AM **Snowboarding**

Premier Sports 1

419 551

6.00 AM **Downhill Skateboarding**
7.00 **UK Independent Kart Racing**
8.00 **Scottish Football Social Club**
9.00 **LaLiga Specials**
10.00 **NASCAR Highlights**
11.00 **World Surf League**
12.00 NOON **URC in 60** Highlights.
1.00 PM **Indy Autonomous Challenge**
1.30 **NHL on the Fly** The latest news.
2.00 **LaLiga News**
2.30 **Women's Football Weekly**
3.00 **Scottish Football Social Club**
4.00 **NASCAR Highlights**
5.00 **URC in 60** Recent highlights.
6.00 **Viva LaLiga** The latest news.
7.30 **Indy Autonomous Challenge**
8.00 **LaLiga Highlights**
9.00 **Downhill Skateboarding**
10.00 **World Surf League**
11.00 **URC in 60** Highlights.
12.00 M'T **NHL Ice Hockey**
2.00 AM **LIVE NHL Ice Hockey Vegas Golden Knights v Boston Bruins.** Face-off **2.00am**.
5.00 **to 6.00** AM **Sporting Greats**

Premier Sports 2

420 552

6.00 AM **United Rugby Championship** Recent action.
8.00 **LaLiga** Atletico v Barcelona.
10.00 **LaLiga Specials**
11.00 **Bike World** Magazine show.
11.30 **GP Confidential**
12.00 NOON **NHL Ice Hockey**
2.00 PM **Football's Greatest**
2.30 **United Rugby Championship**
4.30 **GP Confidential**
5.00 **LaLiga** Another chance to see Rayo Vallecano v Real Sociedad. **7.00** Sevilla v Athletic Bilbao.
9.00 **NHL Ice Hockey** Toronto Maple Leafs v Colorado Avalanche.
11.00 **LIVE NHL Ice Hockey Columbus Blue Jackets v Florida Panthers.** The Eastern Conference match at Nationwide Arena. Face-off **11.00pm**.
2.00 AM **GP Confidential**
2.30 **NHL Tonight** The best goalies.
3.30 **Bike World** Magazine show.
4.00 **to 6.00** AM **Top 14 Rugby Union**

Sky Sports F1

406 516 506 424 444

6.00 AM **Formula 1** From China.
9.00 **F1 Drivers Press Conference**
10.00 **Formula 1** Australian Grand Prix.
11.00 **F1 Drivers Press Conference**
12.00 NOON **Formula 1** Highlights.
2.00 PM **F1 Drivers Press Conference**
3.00 **Formula 1** Chinese Grand Prix.
5.00 **F1 Drivers Press Conference**
6.00 **Formula 1** Highlights.
8.00 **F1 Drivers Press Conference**
9.00 **Formula 1** Recent action.
11.25 **F1 Feature**
11.30 **F1 Drivers Press Conference**
12.30 AM **Formula 1**
1.00 **F1 Academy**
1.50 **F1 Feature**
2.00 **F1 Drivers Press Conference**
3.00 **LIVE Formula 1** The Chinese Grand Prix practice session at Shanghai International Circuit.
5.00 **F1 Features**
5.45 **to 6.00** AM **Formula 1**

SKY HD SD VIRGIN HD EE HD

Friday

21 March

Evening Planner

Drama

It Ends with Us
Sky Premiere, 11.10m & 8pm
Blake Lively stars in this adaption of the bestseller by Colleen Hoover, about a woman trapped in an abusive relationship.

Entertainment

Comic Relief: Funny for Money
BBC1, from 7pm
Settle in for a huge night of comedy as Red Nose Day celebrates turning 40.

Football

World Cup Qualifier: England v Albania
ITV1, k-o 7.45pm
Harry Kane and England get their qualifying campaign under way tonight.

OnDemand

Paramount+

Happy Face
Available today
True-crime drama, A woman (played by Annaleigh Ashford) has to come to terms with her father being a serial killer.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 Comic Relief: Funny for Money						10.00 News; Local News	10.40 Comic...
	102 BBC2	7.00 Celebrity Antiques Road Trip		8.00 Gardeners' World		9.00 Meet the Roman Emperor with Mary...		10.00 Comic Relief: More Funny for Money	
	103 ITV1	7.00 World Cup Qualifier – Live: England v Albania (Kick-off 7.45)						10.00 News; Local News	
	104 CHANNEL 4	7.00 News	7.30 Unreported...	8.00 One Question		9.00 Gogglebox		10.00 The Last Leg	
	105 5	7.00 Sue Perkins: Discovering Thailand		8.00 Around the World in First Class		9.00 The Flatshare			
	106 SKY SHOWCASE	7.00 The Simpsons		8.00 An Idiot Abroad 2		9.00 Hacks			10.20 Rob Beckett's Smart TV
ENTERTAINMENT	115 BBC3	7.00 Top Gear		8.00 The Agency: Unfiltered		9.00 Film: Aftersun			10.35 Normal...
	116 BBC4	7.00 TOTP: 1997		8.00 TOTP: 1983	8.35 TOTP: 1981	9.15 Old Grey Whistle Test: Ian Dury and the...			10.20 Ian Dury and the...
	118 ITV2	7.00 Deal or No Deal		8.00 Ant & Dec's Limitless Win		9.00 Film: Bridesmaids			
	136 MORE4	◂ 6.55 Car S.O.S.		8.00 Grand Designs		9.00 Helsinki Crimes		10.00 24 Hours in A&E	
	135 E4	7.00 The Simpsons				9.00 Film: Terminator: Dark Fate			
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 Caught on Dashcam		9.00 FBI: Most Wanted		10.00 The Equalizer	
	108 SKY ATLANTIC	◂ 6.45 Six Feet Under		7.55 Game of Thrones		9.00 The Last of Us		10.05 Homicide: Life on the Street	
	110 U&GOLD	◂ 6.55 Only Fools and...	7.35 Dad's Army			9.00 Men Behaving Badly		10.00 Harry Enfield and...	10.40 Billy...
	111 U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games			9.00 QI XL		10.00 Have I Got a Bit More News for You	
	119 ITV3	7.00 Heartbeat		8.00 Midsomer Murders				10.00 Lewis	
	120 ITV4	◂ 6.45 Snooker: Players Championship – Live: The opening semi-final from Telford International Centre							10.15 Wrestling: AEW Dynamite
	112 COMEDY CENTRAL	7.00 Friends				9.00 Michael McIntyre's Big Show		10.00 Jack Whitehall Gets Around	
	139 SKY SCI-FI	7.00 Warehouse 13		8.00 Stargate SG-1		9.00 Grimm		10.00 The Walking Dead	
	113 SKY MAX	7.00 Stargate SG-1		8.00 An Idiot Abroad 2		9.00 Hacks			10.20 Rob Beckett's Smart TV
	109 U&ALIBI	7.00 The Mentalist		8.00 White Collar		9.00 Father Brown		10.00 Death in Paradise	
	130 SKY ARTS	7.00 The Alfred Hitchcock Hour		8.00 Hitsville: The Making of Motown				10.05 James Brown: Live at Montreux	
	132 U&W	7.00 MasterChef Junior USA		8.00 Inside the Ambulance		9.00 999 Rescue Squad			
DOCUMENTARY	125 DISCOVERY	7.00 Salvage Hunters		8.00 Gold Rush		9.00 Expedition Files		10.00 Curse of the Bermuda Triangle	
	162 ANIMAL PLANET	7.00 Pit Bulls & Parolees		8.00 Legends of the Wild				10.00 Edge of Alaska	
	129 NAT GEO	7.00 Air Crash Investigation				9.00 Miracle Landing on the Hudson		10.00 Destruction Decoded	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 River Hunters		9.00 Combat Ships		10.00 Ancient Aliens: Origins	
	155 U&YESTERDAY	7.00 Our Guy in Colombia		8.00 Abandoned Engineering				10.00 Bangers & Cash	
	121 SKY DOCS	7.00 Otto Baxter: Not a F***ing Horror Story				9.00 Tony Hawk: Until the Wheels Fall Off			
FILMS – Sky Cinema	301 PREMIERE	◂ 4.45 Horizon: An American Saga...		8.00 It Ends with Us					10.20 Skincare
	302 BOOKS TO SCREEN	◂ 5.55 World War Z		8.00 There Will Be Blood					
	303 HITS	◂ 6.05 Mamma Mia!		8.00 Mamma Mia! Here We Go Again				10.00 Chicago	
	304 GREATS	◂ 6.00 Twins		8.00 The Sugarland Express				10.00 Boyz N the Hood	
	305 ANIMATION		7.15 Hotel Transylvania			9.00 Boonie Bears: Guardian Code			
	306 FAMILY	◂ 5.50 Cats &...	7.25 Hook				9.50 Small Soldiers		
	307 MEN IN BLACK	◂ 6.20 Men in Black: International			8.20 Men in Black			10.00 Men in Black II	
	308 COMEDY	◂ 6.05 Nutty Professor II: The Klumps		8.00 About Last Night			9.45 What Happens Later		
	309 THRILLER	◂ 5.55 Nightcrawler		8.00 Captain Phillips					10.25 Nighthawks
	310 DRAMA	◂ 6.10 Jackie		8.00 A Star Is Born					10.25 I Used to Be Funny
	311 SCI-FI	◂ 6.25 The Purge		8.00 Dune: Part Two					
	313 FILM4	◂ 6.40 Deep Impact				9.00 Apocalypse Now: Final Cut			
SPORT	401 MAIN EVENT	◂ 6.00 PGA Tour Golf	7.30 Betfred Super League – Live: St Helens v Warrington Wolves (Kick-off 8.00)						10.15 Tennis – Live: Miami Open
	402 PREMIER LEAGUE	7.00 Big Interview	7.30 PL Stories	8.00 Gary Neville's Soccerbox		9.00 Big Interview	9.30 PL Stories	10.00 PL Icons	
	403 FOOTBALL	7.00 Bundesliga...	7.30 Bundesliga Highlights Show		8.30 EFL Cup Highlights		9.45 SPFL Highlights		10.30 1983: When...
	404 CRICKET	7.00 IPL				9.00 ICC Champions Trophy Cricket		10.00 WPL	
	410 TNT SPORTS 1	7.00 Gallagher Premiership Rugby Union – Live: Northampton Saints v Leicester Tigers (Kick-off 7.45)						10.00 Gallagher Premiership Rugby Union	
	411 TNT SPORTS 2	◂ 6.00 Ultimate Pool	7.30 Serie A – Full...	8.00 Men's Cycling Pro Series		9.00 World Rally...	9.30 T20 Cricket Highlights		10.30 Women's T20...

◂ Denotes programmes starting before 7.00pm † Regions vary

FRIDAY

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Friday

BBC1

101 | 101 | 1 | 101 | 101

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 **Crimewatch Live** Series finale (S)
11.30 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** New edition From Shepton Mallet. (S)(AD)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Shakespeare & Hathaway: Private Investigators** 1/10. Frank and Lu expose a mole within a tech company. (S4) (S)(R)(AD)
2.45 **Antiques Road Trip** (S)(R)(AD)
3.15 **Escape to the Country** (S)(R)(AD)
3.45 **Make It at Market** New edition Featuring a blacksmith and a baker.
4.30 **The Finish Line** New edition (S)
5.15 **Pointless** Quiz show. (S)(R)
6.00 **BBC News** (S)
6.30 **Local News** (S)

3.45 Make It at Market

7 PM

7.00 NEW **Comic Relief: Funny for Money** Davina McCall, Joel Dommett, Alison Hammond, Jonathan Ross, Alesha Dixon, Tom Allen and AJ Odudu host the fundraising extravaganza from MediaCityUK in Salford. Sketches feature shows including *Strictly Come Dancing, The Gladiators, Not Going Out* and *Beyond Paradise*. Highlights include Billy Monger's one-day endurance Ironman Challenge in Hawaii and Jamie Laing's 150-mile plus run from London to Salford. Sugababes take to the Red Nose Day stage for the first time since 2007, while the Rock Choir perform a moving rendition of Keane's *Somewhere Only We Know*. *See feature, page 8. Continues on BBC2.* (S)(AD)

8 PM

9 PM

10 PM

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 NEW **Comic Relief: 40 Years of Funny** Emma Willis and Asim Chaudhry introduce four decades' of 'red nose-stalgia', greatest hits, side-splitters and jaw-droppers from the great and good of British comedy. (S)
11.40 FILM **Beetlejuice** Fantasy comedy starring Michael Keaton, Alec Baldwin and Geena Davis. A dead couple summon up a 'bio-exorcist' to rid their home of its obnoxious new owners. With Winona Ryder and Catherine O'Hara. (S)(AD) (1988, 15, 90min) ★★★★
1.10 AM **Weather for the Week Ahead** Seven-day forecast. (S)
1.15 **to 6.00** AM **BBC News** (S)

BBC2

102 | 102 | 2 | 102 | 102

6.45 AM **Clean It, Fix It** (S)(R)
7.15 **Make It at Market** (S)(R)(AD)
8.00 **Sign Zone: Alison Hammond's Florida Unpacked** (S)(R)(AD)
8.30 **Sign Zone: Joanna Page's Wild Life** Documentary. (S)(R)
9.00 **BBC News** (S)
10.30 LIVE **Athletics: World Indoor Championships** Day one from Nanjing's Cube in China. (S)
1.45 PM **Impossible** Quiz show. (S)(R)
2.30 **Bridge of Lies** Game show. (S)(R)
3.15 **The Tournament** Quiz show. (S)(R)
4.00 **Farm to Feast: Best Menu Wins**
4.30 **The Farmers' Country Showdown**
5.15 **Flog It!** From Somerset. (S)(R)
6.00 **Richard Osman's House of Games** With Linda Robson. (S)(R)
6.30 **Great Continental Railway Journeys** New edition 10/20. Michael travels to Copenhagen. (S)

8.00 Gardeners' World

7.00 **Celebrity Antiques Road Trip** *Love Island*'s Ekin-Su Cülcüloglu and Davide Sanclimenti swap the sunny villa for Kent, going head to head on a search for money-making treasures in the region's antiques shops. (S)(R)

8.00 **Gardeners' World** New edition Monty Don continues the rejuvenation of his Jewel Garden borders, Joe Swift meets a group of neighbours championing their front gardens, and Sue Kent chats to a fellow veg grower. (S)

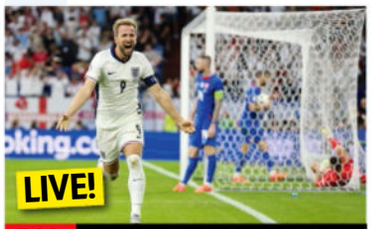
9.00 **Meet the Roman Emperor with Mary Beard** The classicist explores what it was like to be an emperor of Rome, journeying behind palace walls to reveal the hidden world of the Roman imperial court and lifestyle. (S)(R)(AD)

10.00 NEW **Comic Relief: More Funny for Money** Tom Allen and AJ Odudu continue the fundraising fun, featuring the cast of *Titanique*. *Continues on BBC1.* (S)
10.40 **Newsnight** (S)
11.10 **Weather** (S)
11.15 FILM PREMIERE **Sweet Sue** Comedy starring Maggie O'Neill. A woman begins dating a strange biker who she met at her brother's funeral. (S) (2023, 15, 95min) ★★★ *See review, page 27.*
12.50 AM **Sign Zone: Panorama: Lockdown Kids – Five Years On**
1.20 **Sign Zone: Great British Menu** Two chefs from Northern Ireland cook their menus again. (S)(R)
2.20 **to 6.00** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 103

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** Topical debate from a female perspective. (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Celebrity Catchphrase** Stephen Mulhern hosts a charity edition of the game show, with Dianne Buswell, Ria Hebden and Neil Morrissey trying to guess the familiar phrases. (S)(R)(AD)
3.00 **Jeopardy!** New edition Quiz show hosted by Stephen Fry. (S)
4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** Quiz show hosted by Bradley Walsh. (S)(R)
6.00 **Local News** (S)
6.30 **ITV News** (S)



7.00 Football: World Cup Qualifer

7.00 LIVE **Football: World Cup Qualifier** England v Albania: Mark Pougatch presents coverage of both teams' opening Group K match, held at Wembley Stadium. This is Thomas Tuchel's first match as head coach of England and he will be expecting to get off to a winning start in a group that also contains Serbia, Latvia and Andorra. With analysis from Roy Keane and Ian Wright, and commentary by Sam Matterface and Lee Dixon. Kick-off is at 7.45. (S)

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **Who Wants to Be a Millionaire?** Jeremy Clarkson hosts the big-prize quiz in which another line-up of contestants answer questions that could change their lives. (S)(R)
11.40 **Olivia Attwood's Bad Boyfriends** 7/12. Lana gets emotional when she is called the most annoying during a shade test. (S)(R)
12.30 AM **Teleshopping**
3.00 **Grantchester** 3/6. A vagrant is found dead in the doorway of Leonard's cafe. (S7) (S)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **M&S: Dress the Nation** (S)(SL)(R)(AD)

+1 hour | 203 | 303 | 35 | 112

CHANNEL 4

104 104/108 | 108 | 4 | 104 | 104/106

6.25 AM **Cheers** 1-4/25. (S6) (S)(R)
8.10 **Everybody Loves Raymond** (S)(R)
9.35 **Frasier** 1-4/24. (S1) (S)(R)(AD)
11.35 **F1: Chinese Grand Prix Sprint Qualifying Highlights** (S)
12.05 PM **News** (S)
12.10 **Sun, Sea and Selling Houses** (R)
1.10 **Find It, Fix It, Flog It** (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **A New Life in the Sun** (S)(R)
5.00 **Four in a Bed** New edition The week's scores are revealed. (S)
5.30 **Come Dine with Me** New edition Carer Maggie serves up some 'family favourites' on the fifth and final night in Birmingham. (S)
6.00 **A Place in the Sun: What Happened Next?** New edition Revisiting a couple who moved to the Costa del Sol in 2017. (S)

8.00 One Question

7.00 **News** (S)
7.30 **Unreported World** New edition *South Africa's Discipline Camps Exposed:* Sahar Zand reports on a so-called 'discipline camp' in South Africa. (S)(AD)

8.00 **One Question** New edition 5/6. Claudia Winkleman invites father-and-son team Duncan and William from Hastings, and twins Maddy and Teresa from London to compete for £100,000. (S)

9.00 **Gogglebox** New edition The armchair critics share their opinions on what they have been watching during the week, with cameras capturing their instant reactions and lively discussions. (S)(AD)

10.00 **The Last Leg** New edition Adam Hills, Josh Widdicombe and Alex Brooker are joined by artist Grayson Perry and comedian Maisie Adam for a comic review of the significant moments from the past seven days. (S)
11.05 **Open House: The Great Sex Experiment** Chelsea and George seek out a threesome. (S)(R)(AD)
12.10 AM FILM **Fresh** Comedy horror with Daisy Edgar-Jones. A young woman battles to survive her new boyfriend's unusual appetites. (S) (2022, 18, 115min) ★★★★
2.05 **Ramsay's Kitchen Nightmares USA** From California. (S)(SL)(R)
2.55 **Tempting Fortune** (S)(SL)(R)(AD)
3.50 **to 6.10** AM **Come Dine with Me** (R)

+1 hour | 204/208 | 304 | 15 | 121

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 805 | 105 | 5 | 105 | 105 | 105

5.40 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm Huntley** (S)
12.45 PM **GPs: Behind Closed Doors** A woman with a stomach bypass seeks advice. (S)(R)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)(AD)
2.15 FILM **Deadly Secrets** Thriller. (S) (2023, PG, 105min) ★★
4.00 **Bargain-Loving Brits in the Sun** Bar stewards Andy and Matt celebrate their 14th wedding anniversary. (S)(R)(AD)
5.00 **News** (S)
6.00 **Eggheads** 'Our Drinking Team Have a Quiz Problem' plot the Eggheads' downfall. (S)(R)
6.25 Challengers Sid James take on the quiz experts. (S)(R)
6.55 **News** (S)

8.00 Around the World in First...

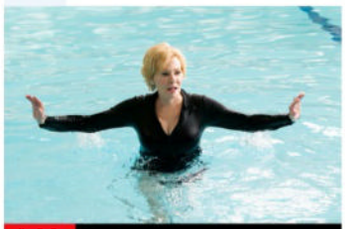
7.00 **Sue Perkins: Discovering Thailand** 3/3. Sue visits Bangkok, and learns about the ways the city's pollution problem is being addressed. (S)(R)
7.55 **News** (S)
8.00 **Around the World in First Class** Series finale 4/4. Josie Gibson heads to Hong Kong, stays at the Rosewood Hotel, and heads out on a luxury yacht travelling around the region's many islands. (S)
9.00 **The Flatshare** New episode *Valentine's Day:* 3/6. As the launch date of her article about Richie nears, Tiffany is dreading the moment she must confess what she's done to Leon – but he has his own problems. (S)
10.00 **The Flatshare** New episode *They F*** You Up:* 4/6. Faced with leaving the flat arrangement, Tiffany reconsiders what she wants from Justin. (S1) (S)
10.55 **The Pile Up: Death on the Motorway** Analysis of one of the worst motorway crashes in British history, which took place on 4 November 2011. (S)(R)
12.25 AM **Friends** (S2) (S)(R)(AD)
12.55 **Entertainment News** (S)
1.00 **PlayOJO Live Casino Show** (S)
3.05 **Gardening with Carol Klein** (R)
4.40 **Wildlife SOS** (S)(SL)(R)
5.05 **Great Scientists** (S)(SL)(R)
5.35 **to 5.40** AM **Entertainment News** (S)

+1 hour | 205 | 305 | 38 | 128

SKY SHOWCASE

106 106 806 | 109 | 340 | 355

6.00 AM **Sky News Breakfast**
7.00 **Breakfast with Anna Jones**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate SG-1** (S4) (S)(R)
11.00 **Animals Like Us** (S)(R)
12.00 NOON **The Flash** (S8) (S)(R)
1.00 PM **Hawaii Five-0** (S2) (S)(R)
3.00 **NCIS: Los Angeles** (S14) (S)(R)
4.00 **S.W.A.T.** 6/22. (S1) (S)(R)(AD)
5.00 **The Simpsons** *Judge Me Tender:* Moe joins the *American Idol* judging panel. (S)(R)
5.30 *American History X-Cellent:* Mr Burns is sent to prison after police discover a set of stolen paintings in his home. (S)(R)
6.00 **The Office (US)** 25/25. Last-ever episode. Pam has a surprise for Jim. (S9) (S)(R)
6.30 1/6. Pilot episode of the comedy. (S1) (S)(R)



9.00 Hacks

7.00 **The Simpsons** *Every Man's Dream:* Homer and Marge visit a marriage counsellor and decide on a trial separation. (S)(R)
7.30 *'Cue Detective:* Homer is challenged to a barbecue cook-off by a TV chef. (S)(R)
8.00 **An Idiot Abroad 2** 1/8. Karl Pilkington visits destinations on his 'bucket list', beginning with a trip to a private island in the South Pacific, where he encounters a Prince Philip-worshipping tribe. (S)(R)
9.00 **Hacks** New episodes *Retired:* 5/8. Deborah has a shaky reunion with a former comedian friend. (S)(AD)
9.40 *The Click:* 6/8. A girls' night out finds Ava attempting to connect with her mother – and Deborah embracing some unexpected company. (S2) (S)(AD)
10.20 **Rob Beckett's Smart TV** David Mitchell, Kadiff Kirwan, Anna Richardson and Ryan Sampson join team captains Alison Hammond and Josh Widdicombe. (S)(R)(AD)
11.10 **Sex and the City** 3/18. Carrie is attracted to a jazz club owner, noticeably annoying Big. (S)(R)
11.50 4/18. Miranda goes on strike, and Samantha reveals that she is in a lesbian relationship. (S4) (S)(R)
12.30 AM **The Force: North East** (R)
1.30 **Road Wars** Double bill. (S)(R)
3.00 **NCIS: Los Angeles** (S14) (S)(R)
4.00 **S.W.A.T.** 6/22. (S1) (S)(R)(AD)
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour | 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky **964**, Virgin **862**, Freesat **964**
11.40pm A View from the Terrace (S)(R) **12.40am** FILM Beetlejuice (S)(AD) (1988, 15, 90min) ★★★★ **2.10** Weather for the Week Ahead (S) **2.15-6.00am** BBC News (S)

N. IRELAND
Sky **966**, Virgin **863**, Freesat **966**
No variations

WALES
Sky **965**, Virgin **864**, Freesat **965**
No variations

BBC2

N. IRELAND
Sky **969**, Freesat **969**
7.00pm Chronicles of the Sperrins (S)(R) **7.30-10.00pm** LIVE Northern Ireland International Football (S)

WALES
Sky **968**, Freesat **968**
7.00pm The Hairy Bakers (S)(R) **7.15** LIVE Scrum V (S) **9.35-10.00pm** Feast of Football (S)

ITV1

No variations

S4C

Sky **134**, Virgin **164**, Freesat **120**
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Bois y Pizza: Chwe' Gwlad (AD) **12.30** Heno **1.00** Ceffylau, Sheikhs a Chowbois **1.30** Y Sin (AD) **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** 24 Awr Newidiodd Gymru **3.50** Bwyd Epic Chris **4.00** Awr Fawr **5.00** Stwnsh **6.00** Dim Byd i'w Wisgo **6.30** Adre **6.57** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Noson Lawen **8.55** Newyddion a'r Tywydd **9.00** Bwmp (AD) **9.20** Curadur New edition **9.50** Cartrefi Cymru **10.20** Pobol y Penwythnos **10.50-11.45pm** Sgwrs Dan y Lloer

TV&Satellite week
New issue on sale now

BBC3

115/117/121 | 107/113 | 23 | 107 | 107

BBC3 programmes start at 7.00pm

7.00 PM **Top Gear** The team tackle the traffic chaos snowy weather causes in Britain.
7.55 **The Catch Up**
8.00 **The Agency: Unfiltered** New edition 9/10. Megan performs in front of 150 people at her podcast event. **8.30** Series finale 10/10. Amy finds out the results of her scan.
9.00 FILM **Aftersun** Drama starring Frankie Corio and Paul Mescal. A woman reflects on the joy and melancholy of a holiday she took with her father. (2022, 12, 102min) ★★★★★
10.35 **Normal People** 11/12. Marianne returns to Carricklea for the summer. **11.05** 12/12. Connell receives an offer to study in New York. (S1)
11.30 **This Country** 3&4/6. (S2)
12.25 AM **Stacey Dooley: Meet the Shoplifters**
1.10 **Go Hard or Go Home**
2.10 **The Agency: Unfiltered**
2.40 **Kirkmoore**
3.05 **to 4.00** AM **Normal People**

BBC4

116 | 107/108 | 9/24 | 106 | 108

BBC4 programmes start at 7.00pm

7.00 PM **TOTP: 1997** Featuring Stereophonics, OTT, Livin' Joy and Dannii Minogue. **7.30** With Jon Bon Jovi, UB40 and Tina Moore.
8.00 **TOTP: 1983** With David Bowie and Orange Juice.
8.35 **TOTP: 1981** Music by Bucks Fizz and Colin Blunstone.
9.15 **Old Grey Whistle Test: Ian Dury and the Blockheads** A 1980 concert from the Dominion Theatre, London.
10.20 **Ian Dury and the Blockheads: Live at Luton** In one of his last gigs, Ian Dury performs in concert with The Blockheads at Venue 27 in Luton.
10.45 **Ian Dury: On My Life** The singer-songwriter recalls his career and speaks frankly about his battle with cancer.
11.45 **TOTP: 1997** Double bill.
12.45 AM **TOTP: 1983**
1.15 **TOTP: 1981**
1.55 **Old Grey Whistle Test: Ian Dury and the Blockheads** As 9.15pm.
3.00 **to 4.00** AM **Ian Dury: On My Life**

MORE4

136/137 831 | 147 | 18 | 124

8.55 AM **Kirstie's Handmade Treasures** Book-binding.
9.15 **A Place in the Sun**
10.05 **A New Life in the Sun**
11.05 **Find It, Fix It, Flog It**
1.05 PM **Car S.O.S**
2.05 **Four in a Bed**
4.50 **Chateau DIY** Tim and Sasha create a bridal suite by connecting two rooms via a wardrobe.
5.50 **Car S.O.S** Tim and Fuzz work on a 1968 Citroën DS. **6.55** Fuzz and Tim restore a classic 1971 sports car.
8.00 **Grand Designs** A couple plan to build a shed-like family home and workspace at an old milk yard in south-east London, but their choice of industrial-style materials proves challenging.
9.00 NEW SERIES **Helsinki Crimes** 1/6. Finnish crime drama with Olli Rahkonen and Elias Salonen. A drug-fuelled night in a bar ends in the death of a young architect, and the homicide squad stumble upon a cover-up. Subtitled. (S2)
10.00 **24 Hours in A&E** A builder is rushed into A&E after falling 18ft onto concrete. **11.05** A three-year-old is airlifted to hospital after being run over by a car.
12.10 AM **999: On the Front Line** Documentary.
1.15 **24 Hours in A&E**
3.25 **to 3.55** AM **Food Unwrapped**

+1 hour | 236/237 | 347 | 125

E4

135/136 830 | 106 | 13 | 122

6.00 AM **Modern Family**
6.55 **Rude(ish) Tube Shorts**
7.00 **Ramsay's Kitchen Nightmares USA**
8.00 **The Goldbergs**
9.00 **The Big Bang Theory**
10.00 **Young Sheldon**
11.00 **Married at First Sight Australia** Reality series.
12.30 PM **The Big Bang Theory**
2.00 **Young Sheldon**
3.00 **Modern Family**
4.00 **The Simpsons**
5.00 **The Big Bang Theory**
6.30 **The Simpsons** *Mountain of Madness:* An avalanche buries Homer and Mr Burns. **7.00** *Mother and Child Reunion:* Lisa makes a big decision about college. **7.30** *Marge's Son Poisoning:* Marge buys a tandem. **8.00** *See Homer Run:* Lisa goes on a rampage through the school. **8.30** *The Last of the Red Hat Mamas:* Marge joins a women's group.
9.00 FILM **Terminator: Dark Fate** Sci-fi action starring Arnold Schwarzenegger and Linda Hamilton. (2019, 15, 123min) ★★★★
11.25 **Naked Attraction**
1.35 AM **Gogglebox**
2.35 **First Dates**
3.30 **Abbott Elementary**
3.55 **The Neighborhood**
4.45 **to 6.00** AM **Modern Family**

+1 hour | 235/236 | 306 | 30 | 123

Friday primetime primetime

FRIDAY Entertainment

Friday

Sky Witness

107 807 110 341 356

6.00 AM **Stop, Search, Seize**
7.00 **Motorway Patrol**
8.00 **Border Patrol**
9.00 **Border Security USA**
10.00 **Border Security: America's Front Line** Double bill.
11.00 **Bull** 5/16. (S5)
12.00 NOON **The Good Doctor** (S2)
1.00 PM **The Cleaning Lady** (S2)
2.00 **Chicago Fire** 7/13. Violet clashes with her new partner. **3.00** 9/13. Severide, Kidd and Van Meter investigate a fire at a recording studio. (S12)
4.00 **Nothing to Declare**

9.00 FBI: Most Wanted

7 PM
7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM
8.00 **Caught on Dashcam** Road disasters captured on video by drivers' dashboard cameras.

9 PM
9.00 **FBI: Most Wanted** *Vanished:* 8/15. The agents welcome a new member while they hunt a repeat offender. (S2)

10 PM
10.00 **The Equalizer** *The Fight For Life:* McCall and Mel go undercover in a prison in an attempt to find a missing woman. (S5)
11.00 **Matlock** 10/18. (S1)
12.00 M'T **Law & Order: Organized Crime** 10/22. (S2)
1.00 AM **FBI: Most Wanted** (S2)
2.00 **The Good Doctor** 14/18. (S2)
3.00 **The Rookie: Feds** 22/22. (S1)
4.00 **Highway Patrol**
5.00 **to 6.00** AM **Road Wars**

+1 hour 207 310

Sky Atlantic

108/109 808 342 357

6.00 AM **Fish Town** Double bill.
8.00 **True Blood** 6&7/12. (S5)
10.05 **Six Feet Under** (S2)
12.20 PM **Game of Thrones** (S6)
1.25 **Westworld** 8&9/10. (S2)
3.35 **True Blood** 6/12. Russell Edgington falls into the hands of the Authority. **4.35** 7/12. Salome reveals her true allegiances. (S5)
5.40 **Six Feet Under** 12/13. Nate learns the truth about Brenda's clandestine activities. **6.45** 13/13. Fisher & Sons undergo a inspection. (S2)

9.00 The Last of Us

7.55 **Game of Thrones** *The Door:* 5/10. Brienne goes on a mission while Arya is given a chance to prove herself. Elsewhere, Bran makes progress with his mystical tuition (S6)

9.00 **The Last of Us** *Left Behind:* 7/9. As Joel fights to survive, Ellie looks back on the night that changed everything. (S1)

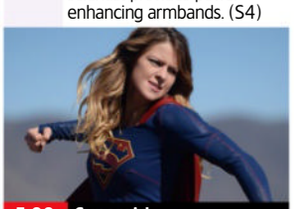
10.05 **Homicide: Life on the Street** *Dead End:* 13/20. Pembleton arrests a shooting suspect. (S3)
11.05 **The Wire** 4/13. Marlo rejects Proposition Joe's offer to join the New Day co-op. (S4)
12.10 AM **Mussolini: Son of the Century** 7/8. (S1)
1.15 **Band of Brothers** 9/10. (S1)
2.25 **Game of Thrones** 4/10. (S6)
3.35 **to 6.00** AM **Urban Secrets**

+1 hour 208/209

Sky Max

113/114 813 111 346 361

6.00 AM **Hawaii Five-0** (S2)
8.00 **The Flash** 14/20. (S8)
9.00 **Stargate SG-1** 3&4/22. (S4)
11.00 **Supergirl** 3/22. (S2)
12.00 NOON **The Flash** 15/20. (S8)
1.00 PM **Hawaii Five-0** (S2)
3.00 **NCIS: Los Angeles** 6/21. (S14)
4.00 **S.W.A.T.** 6/18. Chris asks the team for help with a personal mission. (S4)
5.00 **Supergirl** 2/22. Cadmus attacks National City. (S2)
6.00 **Stargate SG-1** 3/22. A Tok'ra scientist provides power-enhancing armbands. (S4)


5.00 Supergirl

7.00 **Stargate SG-1** *Crossroads:* 4/22. A Jaffa priestess from Teal'c's past makes an unexpected appearance. (S4)

8.00 **An Idiot Abroad 2** 1/8. Karl visits destinations on his 'bucket list', beginning with a trip to a private island in the South Pacific.

9.00 **Hacks** New episodes *Retired:* 5/8. Deborah has a shaky reunion with a former comedian friend. **9.40** *The Click:* 6/8. A girls' night out finds Ava trying to connect with her mother. (S2)
10.20 **Rob Beckett's Smart TV** Comedy panel show, with David Mitchell, Kadiff Kirwan, Anna Richardson and Ryan Sampson.
11.10 **Strike Back: Retribution**
12.10 AM **The Force: North East**
1.10 **Road Wars** Double bill.
3.00 **NCIS: Los Angeles** 6/21. (S14)
4.00 **S.W.A.T.** 6/22. (S1)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 816 115 6 113

6.00 AM **CITV**
9.00 **World's Funniest Videos**
9.55 **Love Bites** Double bill.
12.00 NOON **Celebrity Dinner Date**
1.00 PM **Deal or No Deal**
2.00 **Supermarket Sweep**
3.00 **Charmed** 17/22. Phoebe goes through her past lives. (S8)
4.00 **Gilmore Girls** 17/22. (S5)
5.00 **Celebrity Dinner Date** Featuring *The Only Way Is Essex* star Demi Sims.
6.00 **Celebrity Catchphrase** With James Buckley, Mark Labbett and Mwaksy Mudenda.

9.00 Bridesmaids

7.00 **Deal or No Deal** Stephen Mulhern hosts as Kristian takes on the Banker for the chance to win a life-changing cash prize.

8.00 **Ant & Dec's Limitless Win** Cousins Adele and Adele take on the money ladder, playing for a life-changing cash prize.

9.00 **FILM Bridesmaids** Comedy starring Kristen Wiig, Maya Rudolph and Rose Byrne. A single woman attempts to compete with a rich rival after she is asked to be her childhood best friend's maid of honour. (2011, 15, 124min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.30 **Family Guy** 5/16. Peter brings home a new dog. (S7) **12.00** M'T 9/12. James Woods steals Peter's identity. (S6)
12.30 AM **American Dad!** (S3)
1.30 **Bob's Burgers** 2&4/22. (S7)
2.30 **World's Funniest Videos**
2.55 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114

ITV3

119 117 10 115

6.00 AM **Classic Emmerdale**
7.00 **Classic Coronation Street**
8.10 **Inspector Morse**
10.35 **The Royal** *Counting Chickens.*
11.40 **Heartbeat** Double bill.
1.40 PM **Classic Emmerdale**
2.40 **Classic Coronation Street**
3.40 **Inspector Morse** *Deadly Slumber:* A hospital benefactor is murdered.
6.00 **Heartbeat** *Little Angel:* A girl disappears, prompting the police to begin a desperate search, convinced her errant father has snatched her.

10.00 Lewis

7.00 **Heartbeat** *Money, Money, Money:* Not all of the villagers are pleased to see a new recruit working at the police station.

8.00 **Midsomer Murders** *Schooled in Murder:* When a dairy worker is crushed to death by a giant round of cheese at the home of the world-famous Midsomer Blue, Barnaby and Jones are soon on the case.

10.00 **Lewis** *Whom the Gods Would Destroy:* An investigation leads Lewis and Hathaway to a senior university figure.
11.55 **Trial & Retribution** 9/10. Part one of two. The body of a teenage girl is discovered. **12.50** AM 10/10. Part two of two. The trial takes a dramatic turn when Andy kills himself and Darren is acquitted. (S11)
1.45 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 108 9 106 106
REST OF UK 180 162 110

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 LIVE **Sportscene: Championship Football** Partick Thistle v Raith Rovers: Coverage of the second-tier match from Wyre Stadium at Firhill. Kick-off is at 7.45.
10.00 **Still Game** 1/6. When Isa is mugged Winston comes to her rescue, little realising his heroic deed is being filmed, turning him into an internet sensation. (S9)
10.30 **A View from the Terrace** New edition Craig G Telfer presents a sideways look at Scottish football, dissecting the ins and outs of the week's action with a revolving panel of fans.
11.30 PM **to 12.00** M'T **Scotland's Greatest Escape** A scenic flight over the Black Isle.

Sky Comedy

114/115 814 112 347 362

8.00 AM **Crashing** (S1)
9.15 **The Conners** (S2)
10.15 **Veep** 7&8/8. (S1)
11.25 **Ballers** 4&5/10. (S2)
12.35 PM **Curb Your Enthusiasm** (S5)
1.55 **Veep** 7&8/8. (S1)
3.05 **Ballers** 4&5/10. (S2)
4.25 **Crashing** (S1&2)
5.40 **The Office (US)** (S9&1)
6.40 **The Conners** (S2)
7.40 **Curb Your Enthusiasm** 3/10. Larry sets out on a disastrous expedition to buy his housekeeper a bra. **8.20** 4/10. Larry meets a Japanese World War Two veteran. (S5)
9.00 **The Righteous Gemstones** 2/9. (S4)
9.50 **The Tonight Show Starring Jimmy Fallon** New edition Talk show.
10.50 **And Just Like That...**
12.30 AM **Sex and the City**
1.50 **Divorce** 7&8/10. (S1)
3.10 **Veep** 5&6/10. (S6)
4.20 **to 5.00** AM **Crashing**

Sky Arts

130/131 826 123 36 143 365

6.00 AM **Arts Uncovered**
6.10 **Matthew Bourne's Edward Scissorhands**
8.00 **Watercolour Challenge**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **Discovering**
12.00 NOON **Watercolour...**
12.50 PM **Tales of the...**
1.50 **Jack B Yeats: The Man Who Painted Ireland**
3.00 **Discovering**
4.00 **The Lot of Fun: Where the Movies Learned to Laugh**
5.00 **Landscape Artist 2022**
6.00 **Tales of the Unexpected**
7.00 **Alfred Hitchcock Hour**
8.00 **Hitsville: The Making of Motown** Documentary.
10.05 **James Brown: Live at Montreux** From 1981.
11.25 **Mr Dynamite: The Rise of James Brown**
1.40 AM **Ronnie Wood Show**
2.45 **From the Artists Den**
4.00 **Isle of Wight Festival Greatest Hits**
4.30 **to 6.00** AM **Auction**

Sky Mix

151 135 11 141

7.00 AM **Nothing to Declare**
9.00 **Bondi Rescue**
10.00 **Highway Patrol**
11.00 **Nothing to Declare**
12.00 NOON **Motorway Patrol**
1.00 PM **Border Patrol**
2.00 **Bondi Rescue**
3.00 **Nothing to Declare**
4.00 **Primeval** 2/6. (S1)
5.00 **Stargate SG-1** (S2)
6.00 **Stargate Atlantis** (S3)
7.00 **Star Trek: Voyager** (S5)
8.00 **Hawaii Five-0** (S8)
10.00 **S.W.A.T.** *Hunted:* 21/22. Hondo and Deacon must evade a gang of armed mercenaries. (S1)
11.00 **Twisted Killers** A man is found shot dead on a roadside in rural Ohio.
12.00 M'T **Britain's Most Evil Killers** Daniel Gonzalez.
1.00 AM **Nothing to Declare**
2.00 **Brit Cops: Law & Disorder** Documentary.
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Be

131/132 119 28 119

7.30 AM **Unwind**
7.40 **Buying the View**
8.10 **Billie and Greg: The Family Diaries**
9.10 **Fletchers' Family Farm**
10.15 **Buying and Selling**
11.10 **The Real Housewives of Dubai** Reality series.
12.05 PM **Billie and Greg: The Family Diaries**
1.10 **The Only Way Is Essex**
2.10 **Dinner Date**
3.10 **Scott's Vacation House Rules** New edition
4.05 **The Real Housewives of Dubai** Reality series.
5.00 **The Real Housewives of Atlanta** Reality series.
6.00 **Buying and Selling**
7.00 **Fletchers' Family Farm**
8.00 **Dinner Date** Montell picks three blind dates.
9.00 **Botched** Double bill.
10.55 **My Mum, Your Dad Australia** Reality series.
12.20 AM **The Only Way Is Essex** Reality series.
1.20 **to 1.30** AM **Unwind**

+1 hour 319

GREAT! tv

157 170 50

8.00 AM **Diagnosis Murder**
10.00 **Father Dowling Mysteries** 7/8. (S1)
11.00 **Highway to Heaven**
2.00 PM **Father Dowling Mysteries** 4/13. (S2)
3.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
7.00 **M*A*S*H** 13-16/25. (S4)
9.00 **Randall and Hopkirk (Deceased)** *The Man from Nowhere:* 15/26. Jeannie receives a huge shock when she meets a man. (S1)
10.00 **The Avengers** *Have Guns – Will Haggle:* 12/33. Steed suspects an African dignitary of stealing weapons. (S6)
11.00 **The Persuaders!** (S1)
12.00 M'T **M*A*S*H** (S4)
2.00 AM **Randall and Hopkirk (Deceased)**
3.00 **The Persuaders!** (S1)
4.00 **Highway to Heaven**
4.50 **to 5.00** AM **GREAT! Movie News Extra**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 118 26 117

6.00 AM **World of Sport**
6.20 **Minder**
7.20 **The Sweeney**
8.25 **Robin of Sherwood**
9.35 **Magnum, PI**
10.35 **Kojak**
11.40 **BattleBots**
12.45 PM **LIVE Snooker: Players Championship** Coverage of the fourth quarter-final from Telford International Centre.
5.00 **The Best of the 90s**
5.10 **River Monsters**
5.40 **BattleBots** New edition Featuring Whiplash v Monsoon.

5.10 River Monsters

6.45 **LIVE Snooker: Players Championship** Jill Douglas presents coverage of the evening session on day five from Telford International Centre, featuring the opening semi-final played over the best of 11 frames. With analysis from Stephen Hendry, Alan McManus, Ken Doherty and Neal Foulds, and commentary by Phil Yates and David Hendon.

10.15 **Wrestling: AEW Dynamite** Hard-hitting action from the world of All Elite Wrestling, featuring Chris Jericho.
12.15 AM **Dark Side of the Ring** New edition A look at how XPW merged Rob Black's passions for hardcore porn and deathmatch wrestling.
1.10 **Minder**
2.10 **Auto Mundial**
2.35 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 836 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 20/26. (S4)
12.00 NOON **Star Trek: Voyager**
1.00 PM **Star Trek: Deep Space Nine** 9/26. (S7)
2.00 **Warehouse 13** 16/20. (S4)
3.00 **Stargate SG-1** 8/20. (S10)
4.00 **Star Trek: Voyager** (S3)
5.00 **Star Trek: Deep Space Nine**
6.00 **Star Trek: The Next Generation** 20/26. Love is in the air for Picard when he reunites with an old flame. (S4)

11.00 True Blood

7.00 **Warehouse 13** *Runaway:* 16/20. Pete, Myka and Jinks try to deal with a prison break, while Artie loses his hearing. (S4)

8.00 **Stargate SG-1** *Memento Mori:* 8/20. Vala embarks on a dangerous journey of self-discovery after she is kidnapped. (S10)

9.00 **Grimm** *The Good Soldier:* 11/22. Nick and Hank search for a murderer who is preying on military veterans. (S3)

10.00 **The Walking Dead** *Slabtown:* 4/16. Beth wakes up in a hospital, and starts to work off her debt to the staff. (S5)
11.00 **True Blood** 9/12. Eric takes advantage of Sookie's good nature, and Sam looks for a way to escape from prison. **12.00** M'T 10/12. Bill, Sookie and Jason return to a devastated Bon Temps. (S2)
1.00 AM **Wynonna Earp** (S1)
3.00 **Train** 10/12. (S1)
4.10 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 809 114 343 358

7.15 AM **Murdoch Mysteries**
9.00 **Father Brown**
10.00 **The Doctor Blake Mysteries**
11.00 **Hudson & Rex** 8/20. (S5)
12.00 NOON **The Mentalist** (S5)
1.00 PM **Death in Paradise** (S2)
2.00 **Murdoch Mysteries** (S12&13)
4.00 **The Doctor Blake Mysteries**
5.00 **Hudson & Rex** 8/20. Donovan's journalist daughter investigates a murder on her university campus. (S5)
6.00 **Father Brown** *The Eye of Apollo:* Susie is drawn to the leader of the Church of Apollo.

7.00 The Mentalist

7.00 **The Mentalist** *Red and Itchy:* 21/22. Former CBI internal affairs head JJ LaRoche personally requests Jane's help. (S5)

8.00 **White Collar** *Diamond Exchange:* 13/13. Neal and Peter race to unearth a diamond hidden in New York. (S5)

9.00 **Father Brown** *The Jackdaw's Revenge:* An old foe of Father Brown is unexpectedly released from prison.

10.00 **Death in Paradise** *Murder Onboard:* 5/8. Camille's best friend collapses on stage. Guest stars Jamelia. (S2)
11.00 **The Mentalist** As 7.00pm.
12.00 M'T **White Collar** As 8.00pm.
1.00 AM **Elementary** 20/24. Holmes and Watson hunt for a blackmailer who targets the families of rape victims. (S1)
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 810 124 344 359

7.10 AM **Last of the Summer Wine**
8.15 **Keeping Up Appearances**
8.55 **On the Up**
9.35 **Are You Being Served?**
10.15 **Only Fools and Horses**
11.00 **Last of the Summer Wine**
12.15 PM **Keeping Up Appearances**
12.55 **Dad's Army** Double bill.
2.20 **Only Fools and Horses**
3.00 **Are You Being Served?**
3.40 **Last of the Summer Wine**
5.00 **On the Up**
5.35 **Keeping Up Appearances**
6.15 **Are You Being Served?**

11.40 The Royle Family

6.55 **Only Fools and Horses** Del gets a nasty surprise.
7.35 **Dad's Army** Mainwaring and Wilson are trapped in the bank vault with an unexploded bomb. **8.20** Wilson takes charge of the platoon after HQ discover Mainwaring isn't a commissioned officer.

9.00 **Men Behaving Badly** Tony decides to break up with his girlfriend. **9.30** Gary sells one of Dorothy's prized records.

10.00 **Harry Enfield and Chums** Kevin the Teenager falls ill.
10.40 **Billy Connolly Does...** Billy reveals why you shouldn't buy a house with mattresses in the garden.
11.40 **The Royle Family**
12.20 AM **Inside No 9**
1.00 **Men Behaving Badly**
2.00 **Harry Enfield and Chums**
2.30 **Inside No 9**
3.10 **to 4.00** AM **Billy Connolly Does...**

+1 hour 210/211 324

U&Dave

111/112 811 127 19 157

7.10 AM **Jack Stein: Born to Cook**
8.00 **Border Force: America's Gatekeepers** Double bill.
10.00 **American Pickers**
12.00 NOON **Celebrity Storage Hunters** Double bill.
2.00 PM **James May's Man Lab**
3.00 **Top Gear** Double bill.
5.00 **Hairy Bikers' Best of British** Si and Dave explore the links between American and British culinary cultures.
6.00 **Rick Stein's Mediterranean Escapes** The seafood chef joins a family feast in Corfu.

11.00 Sons of Anarchy

7.00 **Would I Lie to You?** With Phil Wang, Jason Watkins, Adam Woodyatt and Maggie Aderin-Pocock.
7.40 **Richard Osman's House of Games** With Rickie Haywood-Williams. **8.20** With guests Maisie Adam, Ivo Graham, Dev Griffin and Zoe Lyons.

9.00 **QI XL** Jason Manford, Sara Pascoe and Jeremy Clarkson join regular panellist Alan Davies and host Sandi Toksvig.

10.00 **Have I Got a Bit More News for You** Diane Morgan hosts the satirical quiz, with guests Desiree Burch and Matt Chorley.
11.00 **Sons of Anarchy** 7/13. Clay tries to make prison alliances. **12.00** M'T 8/13. Jax and Clay's rivalry threatens to tear the club apart. (S2)
12.50 AM **Live at the Apollo**
1.50 **Would I Lie to You?**
2.35 **to 4.00** AM **Big Zuu's Big Eats**

+1 hour 211/212 327 74

Friday

7 PM 8 PM 9 PM 10 PM

4seven

137/138 143 49 127

9.00 AM **Four in a Bed**
9.30 **Sun, Sea and Selling Houses** From Alicante.
10.30 **Find It, Fix It, Flog It**
11.30 **A Place in the Sun**
1.30 PM **A Place in the Sun: What Happened Next?**
2.30 **Come Dine with Me**
5.00 **A Place in the Sun: What Happened Next?**
6.00 **Location, Location, Location** Phil Spencer and Kirstie Allsopp reunite with some previous house-hunters.
7.00 **Kirstie and Phil's Love It or List It** A couple from Caterham decide whether to renovate or sell their home.
8.00 **The Dog House**
9.00 **24 Hours in A&E**
10.00 **Super Surgeons: A Chance at Life**
11.05 **Gogglebox**
12.05 AM **Celebrity Gogglebox**
1.10 **Tempting Fortune**
3.20 **to 4.40** AM **The Great Celebrity Bake Off for Stand Up to Cancer**

5USA

141/169 120/162 21 129

9.00 AM **Entertainment News**
9.10 **NCIS** Triple bill. (S13)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Being Bad:* 2/24. A bomb plot is uncovered after a death at a Quantico reunion. **7.00** *Privileged Information:* 3/24. A US Marine falls to her death, and Gibbs must consider if she was murdered. **8.00** *Love Boat:* 4/24. A US Navy lieutenant is murdered during a civilian cruise on board a military vessel. (S14)
9.00 **Quantum Leap** *Somebody Up There Likes Ben:* 3/18. Ben leaps into the body of a boxer. **10.00** *A Decent Proposal:* 4/18. Ben leaps to 1980s Los Angeles. (S1)
11.00 **Law & Order: Special Victims Unit** (S17&16)
2.45 AM **The Good Wife**
3.35 **to 4.00** AM **Motorway Patrol**

+1 hr 241/269 320/362 130

5STAR

128/129 126 32 131

8.00 AM **Rich Kids Go Skint**
9.00 **Shop Smart, Save Money** Documentary.
10.00 **Nightmare Tenants, Slum Landlords**
11.00 **Traffic Cops** Triple bill.
2.00 PM **Police Interceptors**
5.00 **Shoplifters: Caught Red Handed**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **FILM Bridget Jones: The Edge of Reason** Comedy sequel. (2004, 15, 108min) ★★★
11.15 **Adults Only: Sex Made Millionaires**
12.15 AM **Adults Only: Sexual Healing**
1.15 **Adults Only: Sex Dolls Gone Wild**
2.10 **Police Interceptors**
3.00 **Home and Away**
3.50 **to 4.00** AM **Entertainment News**

+1 hour 228/229 326 140

5Action

150 130 33 132

9.00 AM **Entertainment News**
9.10 **Helicopter Pursuits: Caught on Camera**
9.35 **Outback Truckers**
10.35 **Traffic Cops**
11.35 **Police Interceptors**
12.40 PM **FILM When the Daltons Rode** Western adventure starring Randolph Scott. (1940, b/w, PG, 80min) ★★
2.25 **FILM Young Guns of Texas** Western drama starring James Mitchum and Jody McCrea. (1962, U, 84min) ★★
4.00 **Outback Truckers**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
9.00 **Police: Night Shift 999**
10.00 **Police Interceptors**
11.00 **Motorway Cops: Catching Britain's Speeders** Documentary.
12.00 M'T **Scam City**
1.05 AM **Police Interceptors**
2.05 **Trucking Hell**
3.55 **to 4.00** AM **Entertainment News**

U&W

132/133 827 125 25 156

6.10 AM **Inside the Ambulance**
7.00 **My Dream Home**
8.00 **Tipping Point**
11.00 **DIY SOS: The Big Build**
1.00 PM **Tipping Point**
4.00 **My Dream Home**
6.00 **Pete Wicks: For Dogs' Sake** Pete meets a puppy who needs urgent treatment for a badly broken leg.
7.00 **MasterChef Junior USA** New edition The hopefuls are challenged to turn ingredients they hate into restaurant-quality dishes.
8.00 **Inside the Ambulance** A woman needs medical help after suffering a seizure in the shower.
9.00 **999 Rescue Squad**
11.00 **Miranda** Triple bill.
12.55 AM **Sheridan Smith: Becoming Mum**
1.55 **to 3.00** AM **Alex Jones: Making Babies**

+1 hour 232/233 325

U&Drama

143 116 20 158

7.10 AM **All Creatures Great and Small**
8.00 **Doctors**
9.15 **Classic Holby City**
10.35 **Classic Casualty**
11.40 **The Bill**
12.40 PM **Classic EastEnders**
2.00 **Eldorado**
3.15 **Bergerac**
4.20 **All Creatures Great and Small**
5.20 **One Foot in the Grave**
6.00 **As Time Goes By**
6.40 **Last of the Summer Wine** Double bill.
8.00 **Father Brown** *The Skylark Scandal:* The local lord is strangled during a rambling trip. **9.00** *The Honourable Thief:* Lady Felicia's home comes under threat.
10.00 **New Tricks**
11.20 **Bergerac**
12.30 AM **Taggart**
2.25 **Birds of a Feather**
2.55 **to 4.00** AM **Classic Holby City**

+1 hour 243 316 60

Really

142 128 17 145

6.00 AM **Fantasy Homes by the Sea** From Florida.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
10.00 **Money for Nothing**
12.00 NOON **Escape to the Country** Double bill.
2.00 PM **Antiques Road Trip**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Antiques Road Trip** A gruesome find will attract bids in Leicester. **8.00** From Warwickshire.
9.00 **Yorkshire Air 999** A motorcyclist needs specialist care when he breaks both of his arms.
10.00 **Helicopter ER** The medics fight to save an apprentice who has had a massive electric shock. **11.00** A farmer is attacked by his cows.
12.00 M'T **Help! My House Is Haunted** Double bill.
2.00 AM **Teleshopping**
4.00 **to 5.00** AM **Salvage Hunters**

Challenge

145 139 48 142

7.00 AM **The Chase**
10.00 **The Bidding Room**
11.00 **Play Your Cards Right**
12.00 NOON **Tenable**
1.00 PM **Family Fortunes**
3.00 **Catchphrase** Double bill of the game show.
4.00 **Blockbusters** Double bill of the quiz show.
5.00 **Bullseye** Double bill of the darts-based quiz.
6.00 **The Bidding Room** Items include a Georgian needlework box and a vintage car lighter.
7.00 **Tenable** A team of five friends from a London gospel choir compete.
8.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
10.00 **Tenable** As 7.00pm.
11.00 **Bullseye** Double bill of the darts-based quiz.
12.00 M'T **Weakest Link**
1.00 AM **The Crystal Maze**
2.00 **The Chase** Double bill.
4.00 **Tenable** As 7.00pm.
5.00 **to 6.00** AM **Bullseye**

GREAT! action

323 426 42

8.10 AM **The Avengers**
9.10 **FILM Four Fast Guns** Western. (1960, b/w, U, 72min) ★★
11.00 **The High Chaparral**
12.00 NOON **Wanted: Dead or Alive** Double bill.
1.00 PM **FILM The Proud Rebel** Western. (1958, b/w, U, 108min) ★★★
3.15 **FILM McLintock!** Comedy Western starring John Wayne. (1963, U, 127min) ★★★
6.00 **Wanted: Dead or Alive**
7.00 **The High Chaparral**
8.00 **FILM North to Alaska** Western adventure starring John Wayne. (1960, U, 122min) ★★★
10.35 **FILM 12 Rounds** Action thriller with John Cena. (2009, 12, 103min) ★★
12.55 AM **FILM Fire Twister** Disaster movie. (2015, 12, 90min) ★
2.50 **to 5.00** AM **Wild West Chronicles**

+1 hour 324

GREAT! movies

321 425 34

9.00 AM **FILM Lost Letter Mysteries: Home Again** Crime drama sequel. (2017, PG, 87min) ★★
11.00 **FILM Lost Letter Mysteries: The Road Less Travelled** Drama. (2018, U, 72min) ★★
1.00 PM **FILM Obsession** Thriller. (2011, U) ★★
3.00 **FILM Deadly Switch** Thriller. (2019, PG) ★★
5.05 **FILM An Aurora Teagarden Mystery: Three Bedrooms, One Corpse** Crime drama. (2016, PG, 84min) ★★
7.00 **Sue Thomas: F.B.Eye**
9.00 **FILM Wanted** Thriller. (2008, 18, 105min) ★★★
11.20 **FILM Redemption Day** Thriller. (2021, 15) ★★
1.30 AM **FILM Eye for an Eye** Thriller. (2019, 15) ★
3.30 **Air Rescue**
4.00 **to 5.50** AM **FILM The Neighbourhood Nightmare** (2018) ★★

+1 hour 322

GREAT! romance

319 424 52

8.00 AM **FILM Unleashing Mr Darcy** Drama. (2016, PG, 95min) ★★
10.05 **FILM Hometown Hero** Drama. (2016, PG) ★★
12.05 PM **FILM The Clue to Love** Romantic drama. (2021, U, 89min) ★★
2.00 **FILM Diagnosis Delicious** Drama. (2016, PG, 90min) ★★
3.55 **FILM As Gouda As It Gets** Comedy drama. (2020, PG, 85min) ★★
5.50 **FILM Baking Up Love** Drama. (2021, PG) ★★
8.00 **FILM PREMIERE Dream Wedding** Drama. (2023, U, 89min) ★★
10.00 **FILM Love Blossoms** Drama. (2017, PG) ★★
12.00 M'T **FILM Flowers and Honey** Romantic drama. (2021, PG, 90min) ★★
2.00 AM **Highway to Heaven**
3.00 **to 5.00** AM **FILM Love at First Glance** Drama. (2017, PG, 82min) ★★

+1 hour 320 63

Rewind TV

182 95

6.00 AM **Highlights**
8.00 **That's My Dog**
8.30 **Worzel Gummidge**
9.00 **Stereo Underground**
10.00 **The Monkees** (S1)
10.30 **Watching** 4/6. (S3)
11.00 **Married... with Children**
11.30 **Bewitched** 19/36. (S1)
12.00 NOON **Shine on Harvey Moon** 3/6. (S2)
1.00 PM **The Blue and the Gray** Drama. (S1)
3.45 **Auto Rewind**
4.00 **Stereo Underground**
5.00 **Married... with Children**
5.30 **Watching** 4/6. (S3)
6.00 **Bewitched** 19/36. (S1)
6.30 **The Monkees** (S1)
7.00 **Fantasy Island** (S1)
8.00 **Return of the Saint**
9.00 **Jason King** 18/26. (S1)
10.00 **Game On** 6/6. (S3)
10.35 **Drop the Dead Donkey**
11.05 **The Mrs Merton Show**
11.40 **The Blue and the Gray**
2.15 AM **Monkey** 4/26. (S1)
3.05 **Stereo Underground**
4.00 **to 6.00** AM **Highlights**

DMAX

159 169 39 147

6.00 AM **Alaska: The Last Frontier** Double bill.
8.00 **Outback Opal Hunters**
9.00 **Deadliest Catch: Dungeon Cove**
11.00 **Alaska: Homestead Rescue** Double bill.
1.00 PM **Aussie Gold Hunters**
3.00 **Yukon Gold**
5.00 **Alaskan Bush People**
7.00 **Deadliest Catch** The Alaskan king crab fishing fleet risk heavy storms. **8.00** The *Aleutian Ballad* suffers a power failure.
9.00 **Kindig Customs** A 1969 Camaro comes in and the team determine it needs a full rebuild. **10.00** With the Camaro's design firmed up, the build continues.
11.00 **Aussie Gold Hunters**
12.00 M'T **Naked and Afraid: Alone** Documentary.
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Building Alaska**

+1 hour 259 369 153

Food Network

140/141 190 43 148

6.00 AM **Michel Roux's Provence Masterclass**
7.00 **The Pioneer Woman**
9.00 **Jamie's 15 Minute Meals**
11.00 **Great British Bake Off**
12.30 PM **Paul Hollywood: City Bakes** In London.
1.00 **Michel Roux's Provence Masterclass**
2.00 **Michel Roux's French Country Cooking**
3.00 **The Pioneer Woman**
5.00 **Jamie's 15 Minute Meals**
7.00 **Great British Bake Off**
8.30 **Paul Hollywood: City Bakes** The chef recreates the classic afternoon tea in London.
9.00 **Michel Roux's Provence Masterclass**
10.00 **Nigella Bites**
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food with Casey Webb**
2.00 **to 3.00** AM **Guy's Grocery Games**

+1 hour 240/241 154

Legend

148 149 41 137

8.00 AM **Walker, Texas Ranger** 24/26. (S3)
9.00 **Six Million Dollar Man**
10.00 **T.J. Hooker** 21/23. (S4)
11.00 **FILM Wyvern** Horror. (2009, 15, 84min) ★★
1.00 PM **FILM The People That Time Forgot** Fantasy adventure sequel. (1977, U, 96min) ★★
2.50 **FILM Airport 77** Thriller starring Jack Lemmon. (1977, PG, 113min) ★★
5.00 **Star Trek** 18/26. (S2)
6.00 **T.J. Hooker** 22/23. (S4)
7.00 **Six Million Dollar Man**
8.00 **Walker, Texas Ranger**
9.00 **FILM 2 Guns** Thriller with Denzel Washington. (2013, 15, 104min) ★★★
11.10 **FILM Fortress** Thriller. (2021, 15, 99min) ★★
1.05 AM **FILM Hard Kill** Thriller with Bruce Willis. (2020, 15, 98min) ★★
3.00 **to 4.50** AM **FILM Dracula – Prince of Darkness** Horror chiller. (1965, 15, 90min) ★★★

+1 hour 318 371 139

Legend Xtra

317 171 69 138

6.00 AM **FILM End of the World** As 5.00pm.
8.00 **FILM Instrument of War** Drama with Jack Ashton. (2017, 12, 90min) ★★
10.00 **Farscape** 4/22. (S3)
11.00 **FILM The Shape of Things to Come** Thriller. (1979, 15, 94min) ★
1.00 PM **FILM 7 Guardians of the Tomb** Thriller. (2018, 12, 90min) ★★
3.00 **Farscape** 4/22. (S3)
4.00 **Star Trek** 26/26. (S2)
5.00 **FILM End of the World** Action disaster movie. (2018, PG, 88min) ★★
7.00 **Farscape** 5/22. (S3)
8.00 **Star Trek** 1/24. (S3)
9.00 **FILM Tremors 3: Back to Perfection** Sci-fi comedy sequel. (2001, PG, 100min) ★★★
11.05 **FILM Acts of Vengeance** Drama. (2017, 15) ★★
1.00 **to 3.00** AM **FILM The Midnight Man** Horror. (2016, 15, 95min) ★★

+1 hour 318 371 139

Blaze

164 174 64 161

6.00 AM **Dickinson's Real...**
6.40 **Pawn Stars** Double bill.
7.30 **Container Wars**
7.55 **Storage Hunters**
8.55 **Hardcore Pawn**
10.15 **UFO Hunters**
11.10 **Conspiracy Files**
11.40 **National Park Mysteries**
12.10 PM **Proof Is Out There**
1.05 **Storm Stories**
2.05 **Pawn Stars** Double bill.
3.05 **Storage Hunters**
4.00 **Ancient Aliens**
6.00 **UFOs: Lost Evidence**
7.00 **Storage Hunters**
8.00 **Dickinson's Real Deal**
9.00 **Strangest Things**
10.00 **What on Earth?**
11.00 **Mysteries from Above**
12.00 M'T **Believers: Extreme Hauntings**
1.00 AM **UFO Hunters**
2.00 **Conspiracy Files**
2.30 **National Park Mysteries**
3.00 **Hardcore Pawn**
3.25 **Counting Cars**
4.10 **to 6.00** AM **Ancient Aliens**

5SELECT

153 138 46 133

9.00 AM **World's Most Scenic Railway Journeys** From France.
10.00 **Cornwall: A Year by the Sea** Documentary.
11.00 **Ben Fogle: New Lives in the Wild** Double bill.
1.00 PM **The Yorkshire Vet**
3.00 **Murder, She Wrote**
4.00 **Columbo**
6.00 **World's Most Scenic Railway Journeys**
7.00 **Ben Fogle: New Lives in the Wild** Ben revisits Annalisa in Sweden. **8.00** Ben revisits nomads Miriam and Peter in Bulgaria.
9.00 **Victoria Wood: All the Laughs & More** A look back at one of Britain's best loved comedians.
11.00 **Prisoner: Cell Block H**
1.00 AM **Bargain-Loving Brits in the Sun**
3.00 **Cruising with Jane McDonald** Argentina.
3.50 **to 4.00** AM **Entertainment News**

HGTV

158 191 44 149

7.00 AM **Building Alaska**
8.00 **A Place in the Sun**
10.00 **Escape to the Country**
12.00 NOON **My Lottery Dream Home**
2.00 PM **A Place in the Sun**
3.00 **Escape to the Country**
5.00 **A Place in the Sun**
8.00 **The Great Interior Design Challenge**
9.00 **The Great Pottery Throw Down** Making a fully-functioning toilet.
10.00 **My Lottery Dream Home** New editions A sibling who inherited money from his brother wants to find a home in Coachella Valley. **10.30** A property search on the Emerald Coast.
11.00 **Flip or Flop** Double bill.
12.00 M'T **Good Bones**
1.00 AM **Building Alaska**
2.00 **Home Town**
3.00 **to 4.00** AM **My Lottery Dream Home**

+1 hour 258/262 391

TLC

133/134 828 165

7.00 AM **Extreme Cheapskates**
8.00 **My Lottery Dream Home** Double bill.
9.00 **Say Yes to the Dress: Lancashire** Double bill.
11.00 **My 600lb Life**
12.00 NOON **Dr Pimple Popper** Medical series.
1.00 PM **7 Little Johnstons**
2.00 **Return to Amish**
3.00 **Little People, Big World**
5.00 **My 600lb Life** The story of Samantha, who weighs more 800lbs.
6.00 **Dr Pimple Popper** Joe wants the large bumps on his head removed.
7.00 **Too Large** Meghan hopes to get weight loss surgery with her friend.
8.00 **My 600lb Life**
12.00 M'T **Body Bizarre**
1.00 AM **Extreme Cheapskates**
2.00 **to 4.00** AM **My 600lb Life**

+1 hour 233/234 365

Comedy Central

112/113 812 132 345 360

8.00 AM **Most Ridiculous**
9.00 **Guessable?**
10.00 **Home Improvement**
12.00 NOON **Last Man Standing** 8&9/22. (S4)
1.00 PM **Friends** (S3)
9.00 **Michael McIntyre's Big Show** With Danny Dyer, Gary Barlow, Russell Kane and Clean Bandit.
10.00 **Jack Whitehall Gets Around** A performance at Wembley Arena.
11.00 **Utopia** 1&2/8. (S2)
12.10 AM **Whose Line Is It Anyway? USA**
1.10 **8 Out of 10 Cats**
2.10 **Modern Horror Stories**
2.15 **Kevin Hart: Comedy Central Live** Stand-up.
2.45 **Amy Schumer: Comedy Central Live**
3.10 **Key & Peele**
3.30 **Teachers** (S3)
3.50 **The Daily Show** New edition Talk show.
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 154

6.00 AM **Home Improvement**
7.00 **Teleshopping**
9.00 **Impractical Jokers**
10.00 **Becker** 1&2/24. (S4)
11.00 **Friends** (S8&9)
1.00 PM **Criminally Funny**
2.30 **Impractical Jokers**
3.00 **Whose Line Is It Anyway? USA**
4.00 **Guessable?**
5.00 **Becker** 1&2/24. (S4)
6.00 **Home Improvement**
8.00 **Last Man Standing**
9.00 **New Girl** 15&16/24. (S1)
10.00 **Friends** 11-14/24. (S2)
12.00 M'T **Al Murray: And a Glass of White Wine for the Lady**
1.00 AM **FILM Stand Up Guys** Crime comedy. (2012, 15, 91min) ★★★
2.45 **Jack Whitehall Gets Around** Stand-up.
4.30 **Baddiel & Skinner Unplanned Live from London's West End**
5.15 **to 6.00** AM **Home Improvement**

Sky Replay

152 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Four Weddings**
10.00 **Nothing to Declare**
11.00 **Border Patrol**
12.00 NOON **DC's Legends of Tomorrow** (S2)
2.00 PM **Motorway Patrol**
3.00 **UK Border Force**
4.00 **Border Patrol**
5.00 **Sun, Sea and A&E**
6.00 **Highway Cops**
7.00 **The Ark** 3&4/12. (S2)
9.00 **Border Security: Canada's Front Line**
11.00 **Road Wars** The Road Crime Unit make a surprising discovery.
12.00 M'T **The Russell Howard Hour**
1.00 AM **A League of Their Own Road Trip: Southeast Asia**
2.00 **Hold the Front Page**
3.00 **Duck Quacks Don't Echo** Lee Mack hosts.
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

MTV

126/127 824 134

6.00 AM **Daria** 10/13. (S3)
6.20 **16 and Pregnant**
7.10 **Teen Mom OG**
9.00 **Teen Mom 2**
11.00 **Catfish: The TV Show**
1.00 PM **Catfish: The TV Show** Five editions.
7.00 **Fresh Out Live**
8.00 **Help! I'm in a Secret Relationship!** Matt needs to know why Danny is hiding him.
9.00 **Skin A&E** Two ladies keep Dr Dev Shah busy.
10.00 **FILM November Man** Espionage thriller starring Pierce Brosnan and Luke Bracey. (2014, 15, 108min) ★★★
12.00 M'T **Geddy Lee Asks: Are Bass Players Human Too?** Double bill.
1.00 AM **Gonzo with Jack Saunders** New edition The latest alternative tunes, news and views.
2.00 **Ink Master**
2.45 **Ex on the Beach**
3.35 **to 4.00** AM **Teen Cribs**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 823 177 320 325

6.00 AM **How It's Made: Dream Cars** Double bill of the series.
7.00 **Treehouse Masters**
9.00 **Kindig Customs**
11.00 **Wheeler Dealers**
1.00 PM **Homestead Rescue: Raney Ranch** Double bill.
3.00 **The Last Woodsmen**
5.00 **Deadliest Catch** An early closure forces all the captains to work together to get their catch safely to port.
6.00 **Wheeler Dealers** Mike Brewer hunts down a Swedish classic, the 2001 Saab 9-3.

9.00 Expedition Files

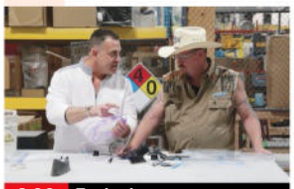
7.00 **Salvage Hunters** Drew Pritchard meets his match in a negotiation, and haggles with a hoarder from Wiltshire.
8.00 **Gold Rush** Parker looks into a forgotten section of Dominion Creek, and Kevin loses an excavator as his pay pile runs out.
9.00 **Expedition Files** New edition Josh Gates studies the vanishing of the 16th-century inhabitants of Roanoke.
10.00 **Curse of the Bermuda Triangle** Experts investigate a sea monster in the Bermuda Triangle.
11.00 **Mystery at Blind Frog Ranch** The crew are overcome by a deadly and invisible gas cloud.
12.00 M'T **Mountain Monsters**
1.00 AM **Expedition Files**
2.00 **Curse of the Bermuda...**
3.00 **Gold Rush** New edition
4.00 **to 5.00** AM **Moonshiners: Master Distiller**

+1hour 225/226 377

Animal Planet

162/175 178

8.00 AM **Tanked** A surprise tank.
9.00 **Pit Bulls & Parolees**
10.00 **My Cat from Hell**
11.00 **Lone Star Law**
12.00 NOON **Tanked**
1.00 PM **Pit Bulls & Parolees**
2.00 **The Zoo** Double bill.
4.00 **My Cat from Hell**
5.00 **Lone Star Law** Warden Bailey responds to a call about underage drinkers holding a fishing tournament.
6.00 **Tanked** Businessman Brad Jennings wants to complete his new office with three tanks.


6.00 Tanked

7.00 **Pit Bulls & Parolees** Mariah and Marcel help people living on the streets with their dogs by handing out goodie bags.
8.00 **Legends of the Wild** Investigating Brazilian ranchers being attacked by an unknown creature.
9.00 **Legends of the Wild** Investigating endangered ridley sea turtles turning up dead along the beach in Costa Rica.
10.00 **Edge of Alaska** Neil seeks help from McCarthy's unlikeliest resident as he pursues his mine tour project.
11.00 **Meet the Orangutans** A young member's surrogate attachment causes issues. **11.30** There is a baby boom.
12.00 M'T **Meet the Penguins**
1.00 AM **Edge of Alaska**
2.00 **My Cat from Hell**
3.00 **Lone Star Law**
4.00 **to 5.00** AM **Tanked**

+1hour 262/275 378

Nat Geographic

129/130 825 183

8.00 AM **Food Factory**
9.00 **Air Crash Investigation: Special Report**
10.00 **Erased: WWII Heroes of Colour** Documentary.
11.00 **Rocky Mountain Railroad**
12.00 NOON **Car S.O.S**
1.00 PM **Mutant Weather**
2.00 **Air Crash Investigation**
3.00 **Drain the Oceans**
4.00 **Nazi Megastructures**
5.00 **Car S.O.S** Tim and Fuzz restore a Toyota Celica.
6.00 **Secrets of the Pyramids** The construction of the pyramids.

5.00 Car S.O.S

7.00 **Air Crash Investigation** When two float planes carrying collide near a waterfall, investigators turn to 3D technology.
8.00 **Air Crash Investigation** Wreckage from a crash contradicts the pilots' explanation, but the evidence tells another tale.
9.00 **Miracle Landing on the Hudson** Documentary charting how US Airways Flight 1549 was forced to land on the Hudson River.
10.00 **Destruction Decoded** A look at disasters through archive footage, featuring the 10 worst crashes in motorsport history.
11.00 **Air Crash Investigation** Singapore Airlines flight 006.
12.00 M'T **Car S.O.S** A VW Corrado.
1.00 AM **Inside Sydney Airport**
2.00 **Bid & Destroy**
2.30 **Lords of War** Double bill.
3.20 **Food Factory**
4.10 **to 5.00** AM **Secrets of the Zoo: Keeper Tales**

+1hour 229/230 383

Sky History

123/124 821 131 353 368

6.00 AM **American Pickers**
6.50 **Swamp People**
7.45 **Rust Valley Restorers**
8.45 **Forged in Fire**
9.35 **Auction Kings**
10.05 **Storage Wars** Four editions.
12.00 NOON **Adventure Gold Diggers** Documentary.
1.00 PM **Rust Valley Restorers**
2.00 **History's Greatest Aircraft**
4.00 **Curse of the Ancients**
5.00 **Pawn Stars** Rick and Chum find a rare pair of Pumas.
6.00 **American Pickers** Movie memorabilia is recovered.

10.00 Ancient Aliens: Origins

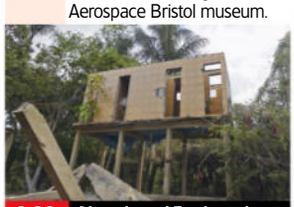
7.00 **Forged in Fire** Four bladesmiths must forge a Damascus blade from three different steels.
8.00 **River Hunters** Beau Ouimette and Rick Edwards search the River Tees for lost Tudor relics from a 16th-century siege.
9.00 **Combat Ships** Stories of espionage at sea, including deadly U-boat cat-and-mouse games, and the *Lusitania*'s sinking.
10.00 **Ancient Aliens: Origins** New edition The notion that ancient monuments were intended to be beacons of some sort.
12.00 M'T **Paranormal: Caught on Camera** Friends test a local legend about a haunted bridge, and a UFO is spotted.
1.00 AM **Rust Valley Restorers**
2.00 **Ancient Aliens**
3.00 **Ramses the Great: King of Ancient Egypt**
4.00 **to 6.00** AM **Storage Wars**

+1hour 223/224 331

U&Yesterday

155 846 129 27 159

6.10 AM **Antiques Roadshow**
8.00 **World War Weird**
9.00 **Nazi Murder Mysteries**
10.00 **A Year on the Yorkshire Steam Railway** Double bill.
12.00 NOON **The Americas with Simon Reeve** As 12.00m't.
1.00 PM **Antiques Roadshow**
2.00 **Bangers & Cash** Double bill.
4.00 **Warbird Workshop**
5.00 **Nazi Murder Mysteries** A skeleton found in a tree.
6.00 **Antiques Roadshow** From the Concorde Hangar at the Aerospace Bristol museum.


9.00 Abandoned Engineering

7.00 **Our Guy in Colombia** Guy Martin explores Colombia's underworld, and visits a bullet-proof clothing factory.
8.00 **Abandoned Engineering** Exploring Fort Amador, the site of an American invasion in Panama, and a grisly Polish facility.
9.00 **Abandoned Engineering** Schindler's Ark in the Czech Republic, and a Amazonian paradise in the Brazilian rainforest.
10.00 **Bangers & Cash** Derek picks up a lovingly restored 1925 Calthorpe motorbike that he thinks is a work of art.
11.00 **Find It, Fix It, Flog It** Henry and Simon discover items in Wensleydale that are ready for upcycling.
12.00 M'T **The Americas with Simon Reeve** The explorer travels from Texas to Mexico.
1.00 **to 3.00** AM **Antiques Roadshow**

+1hour 255 329

Friday

7 PM
8 PM
9 PM
10 PM

Quest

144 834 137 12 150 144

6.00 AM **Junkyard Empire**
8.00 **American Pickers**
9.00 **Aussie Gold Hunters**
12.00 NOON **The Repair Shop**
3.00 PM **Shed and Buried**
4.00 **Find It, Fix It, Flog It**
6.00 **The Repair Shop**
8.00 **Shed and Buried** Henry Cole and Sam check out a quirky collection of custom vehicles in Yorkshire. **8.30** Sam and Henry examine an incredible collection of classic American motors.
9.00 **The Repair Shop** Optics expert Richard fixes up a well-loved telescope. **10.00** The team tackle a faded pub sign from a much-loved local.
11.00 **How Do They Do It?**
1.00 AM **Junkyard Empire**
3.00 **Find It, Fix It, Flog It**
4.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151

Quest Red

149 168 40 146

6.00 AM **Say Yes to the Dress: UK** Double bill.
7.00 **Curvy Brides Boutique**
8.00 **Say Yes to the Dress: Lancashire**
9.00 **Say Yes to the Dress**
11.00 **Forensic Detectives**
12.00 NOON **Married with Secrets** The murder of Heather Garraus.
1.00 PM **Still a Mystery**
2.00 **Murder on CCTV**
3.00 **Judge Rinder's Crime Stories** A drugs bust.
4.00 **American Monster**
6.00 **People Magazine Investigates**
7.00 **A Killer's Mistake**
8.00 **Murder on CCTV**
9.00 **A Body in the Snow: The Trial of Karen Read** New editions
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** True-crime.
3.00 **to 4.00** AM **FBI Files**

+1hour 249 152

True Crime

146 148 67 135

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Murder by the Sea** The murder of Danny Dyke.
8.00 **Secrets of a Murder Detective** DI Steve Keogh looks into the case of the 2012 murder of Christopher Proctor.
9.00 **Fatal Attraction** New edition A decorated US Navy Commander is found dead in a hotel room.
10.00 **Killer Kids** In 1999, a 14-year-old student planned a killing spree at his school.
11.00 **Handsome Devils** Teenager Rod Ferrell forms a vampire cult.
12.00 M'T **The Chem-Sex Cannibal: Murder on the Internet**
1.00 AM **Fatal Attraction**
2.00 **Killer Kids** As 10.00pm.
3.00 **Murder in Paradise**
4.00 **to 6.00** AM **Judge Judy**

+1hour 246 348 136

True Crime Xtra

147 172 68 134

9.00 AM **A Stranger in My Home** Crime series.
10.00 **Shocking Crimes: Murder Book**
11.00 **Medical Detectives**
2.00 PM **Shocking Crimes: Murder Book**
4.00 **Medical Detectives** Investigators use a reconstructive process to bring a killer to justice. **4.30** Forensic science is used to discover the fate of a missing teacher. **5.00** A forensic psychiatrist helps to separate fact from fiction. **5.30** A girl who was killed by her parents. **6.00** Vital clues are gleaned from the body of a 16-year-old girl. **6.30** A thriving company is crippled.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 820 121 349 364

6.00 AM **Highway Cops**
7.00 **Stop, Search, Seize**
8.00 **Road Wars**
9.00 **Brit Cops: Law & Disorder** Documentary.
10.00 **The Force: Manchester**
11.00 **Forensics: Catching the Killer** True-crime.
12.00 NOON **How I Caught the Killer** Documentary.
1.00 PM **The Real Manhunter**
2.00 **Made for Murder**
3.00 **World's Most Evil Killers**
4.00 **Britain's Most Evil Killers**
5.00 **Forensics: Catching the Killer** True-crime.
6.00 **How I Caught the Killer**
7.00 **World's Most Evil Killers**
8.00 **Britain's Most Evil Killers**
9.00 **The Torso Killer**
10.45 **Murder Next Door**
11.45 **World's Most Evil Killers**
12.45 AM **How I Caught...**
1.40 **Snapped**
3.30 **Motorbike Cops**
5.00 **to 6.00** AM **Motorway Patrol**

+1hour 222/223 321

PBS America

173 187 84 155

8.00 AM **America the Bountiful** From Virginia.
8.45 **American Dynasties: The Kennedys**
9.45 **Legends and Luxury: History of Marrakesh**.
10.40 **Spy Ops** As 8.30pm.
11.50 **The Irish Civil War**
1.00 PM **America the Bountiful** From Virginia.
1.35 **American Dynasties: The Kennedys**
2.30 **Legends and Luxury: History of Marrakesh**
3.30 **Spy Ops** Documentary.
4.40 **America the Bountiful**
5.15 **The Irish Civil War**
6.25 **American Dynasties: The Kennedys**
7.25 **NEW Legends and Luxury: History of Marrakesh** Documentary.
8.30 **Spy Ops** New edition
9.40 **The Irish Civil War**
10.50 **Legends and Luxury: History of Marrakesh**
12.00 M'T **Spy Ops**
1.10 **to 2.00** AM **America the Bountiful**

SKY HD SD VIRGIN HD FREEVIEW HD FREESAT HD EE HD

Sky Documentaries

121/122 819 188 352 367

6.00 AM **Rolling Stone: Stories from the Edge**
7.00 **Discovering: Mel Gibson**
8.00 **The Directors**
9.00 **The Vietnam War**
10.00 **Arthur Miller: Writer**
12.00 NOON **The Crime of the Century** 1&2/2. Documentary by film-maker Alex Gibney.
4.10 PM **The Directors**
5.05 **Discovering: Mel Gibson**
6.00 **The Vietnam War**
7.00 **Otto Baxter: Not a F***ing Horror Story** Documentary following a horror movie director with Down's syndrome.
8.45 **My Icon: Sarah Storey**
9.00 **Tony Hawk: Until the Wheels Fall Off** A definitive look at the skateboarder's life and career.
11.30 **The Zen Diaries of Garry Shandling** 1&2/2. A portrait of the iconic American comedian.
4.30 AM **Chernobyl: My Promised Land** The story of a group of Eastern Ukrainian refugees who relocated to Dytyatky.
5.00 **to 6.00** AM **Discovering: Mel Gibson**

Sky Nature

124/125 822 189 354 369

6.00 AM **Baby Animals**
7.00 **Monkey Life**
8.00 **Secrets of Wild Australia**
9.00 **Matsalu Moose: Wild Giants of the Baltics**
10.00 **Wildlife Icons**
11.00 **Animals Like Us**
12.00 NOON **Islands**
1.00 PM **Monkey Life**
2.00 **Secrets of Wild Australia**
3.00 **Matsalu Moose: Wild Giants of the Baltics**
4.00 **Wildlife Icons**
5.00 **Secret Life of the Tasmanian Devil** Documentary.
6.00 **Islands** The Okavango Delta.
7.00 **Monkey Life** Double bill.
8.00 **Cub Camp** Documentary.
9.00 **Malawi Wildlife Rescue**
10.00 **Islands** The Okavango Delta.
11.00 **Secret Life of the Tasmanian Devil** Documentary.
12.00 M'T **Animals Like Us**
1.00 AM **Into the Wild: India**
2.00 **Cub Camp** As 8.00pm.
3.00 **Malawi Wildlife Rescue**
4.00 **Secrets of Wild Australia**
5.00 **to 6.00** AM **Matsalu Moose...**

Sky History 2

163/168 840 186

6.00 AM **Ancient Aliens**
7.00 **Ancient Aliens: Secret Science**
8.00 **History's Greatest Mysteries**
9.00 **Hitler's Secret Bomb**
10.00 **What on Earth?**
11.00 **Ancient Aliens**
12.00 NOON **Ancient Aliens: Secret Science**
1.00 PM **Digging Up Britain's Past**
2.00 **Digging for Britain**
3.00 **Lost Worlds**
4.00 **Hitler's Secret Bomb**
5.00 **The Proof Is Out There**
6.00 **What on Earth?**
7.00 **Ancient Aliens: The Ultimate Evidence** Puma Punku.
8.00 **Weird or What? With William Shatner** Double bill.
10.00 **History's Greatest Mysteries**
11.00 **The Witches of Salem**
12.00 M'T **Ancient Aliens**
1.00 AM **Ancient Aliens: Secret Science**
2.00 **Digging for Britain**
3.00 **Celts: The Untold Story**
4.00 **Ancient Aliens: The Ultimate Evidence** Puma Punku.
5.00 **to 6.00** AM **The Proof Is Out There**

Crime+Investigation

156 837 133

6.00 AM **Homicide: Hours to Kill**
7.00 **Homicide Hunter**
8.00 **The First 48**
9.00 **Meet, Marry, Murder**
10.00 **Hometown Tragedy**
11.00 **An Hour to Kill**
12.00 NOON **Buried in the Backyard**
1.00 PM **Somebody's Hiding...**
2.00 **Secrets of the Morgue**
3.00 **Robbie Coltrane's Critical Evidence**
4.00 **Meet, Marry, Murder**
5.00 **On the Case with Paula Zahn**
6.00 **After the First 48**
7.00 **The First 48**
8.00 **Hometown Tragedy** New editions Double bill.
9.00 **Court Cam** New editions
10.00 **Phrogging: Hider in My House**
11.00 **Homicide Hunter**
12.00 M'T **I Survived a Crime**
1.00 AM **Court Cam**
2.00 **Interrogation Cam**
3.00 **Britain's Darkest Taboos**
4.00 **Somebody's Hiding Something**
5.00 **to 6.00** AM **On the Case with Paula Zahn**

+1 hour 256 333

WILD

165 841 182

8.00 AM **Secrets of the Zoo**
9.00 **World's Deadliest**
10.00 **Africa's Hunters**
11.00 **Africa's Deadliest**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Desert Lions: Skeleton Coast**
3.00 **Jaguar Beach**
4.00 **Secrets of the Zoo**
5.00 **The Incredible Dr Pol**
6.00 **Snakes in the City** A black mamba callout turns into a canine rescue mission. **7.00** Simon and Siouxsie wrangle with an irate python.
8.00 **Savage Kingdom** A lioness must make a terrible choice. **9.00** The forest residents turn on orphaned leopard Motsidi.
10.00 **Alaska: The Next Generation** Young Alaskans are forced to survive through adaptation.
11.00 **Ice Road Rescue**
12.00 M'T **Monster Fish**
1.00 AM **Lawless Island**
2.00 **Fish Tank Kings**
3.00 **Secrets of the Zoo**
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 181

7.00 AM **Tony Robinson's Victory in Europe** As 8.00pm.
8.00 **Kings of Construction**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **Expedition Unknown**
2.00 PM **NASA's Unexplained Files**
3.00 **How the Universe Works**
4.00 **Treasure Quest: Snake Island**
5.00 **Mysteries at the Museum**
7.00 **Contact Project** The team discover recent video footage of a fast-moving UFO.
8.00 **Tony Robinson's Victory in Europe** The actor uses archive material to tell the story of the last days of the Nazi regime and the end of World War Two.
9.00 **Salvage Hunters: Classic Cars** Drew and Paul visit Cumbria to buy a British classic, the MGTD.
10.00 **Shed and Buried**
11.00 **Blowing Up History**
1.00 AM **How the Universe Works**
2.00 **NASA's Unexplained Files**
3.00 **to 5.00** AM **Expedition Unknown**

+1 hour 274 381

U&Eden

166 176 57 160

9.00 AM **Beasts in the City**
10.00 **Great British Railway Journeys**
1.00 PM **Great British Railway Journeys** Eight editions.
5.00 **The Bill** *Police Powers:* The relief are on duty at a local football match where players clash on and off the field. **5.30** *Action Book:* Roach leads the incident room following the murder of two children. **6.00** *Tactics:* A Sheffield CID team arrives at Sun Hill in a bid to bring down five villains. **6.30** *Scores:* An old adversary of Burnside returns to Sun Hill.
7.00 **Pointless** Double bill of the general knowledge quiz.
9.00 **The Brokenwood Mysteries** *A Real Page Turner:* 2/4. Crime author Jack Rudd visits Brokenwood to give a reading – but ends up dead. (S6)
11.00 **The Bill** Four episodes.
1.05 AM **Pointless** Double bill.
3.00 **The Brokenwood Mysteries**
4.40 **Great British Railway Journeys**
5.30 **to 6.00** AM **The Bill**

+1 hour 266 376

ID

154 166

8.00 AM **Love the Way You Lie**
9.00 **Lone Star Justice**
11.00 **Murder in the Heartland**
1.00 PM **I'd Kill for You**
3.00 **Forbidden: Dying for Love**
4.00 **Obsession: Dark Desires**
5.00 **Murder Comes to Town**
7.00 **Murder Under the Friday Night Lights** The brutal murder of a teen cheerleader shocks a small suburban town. **8.00** In 2008, Pahokee High School's star football player is shot outside a homecoming dance in Belle Glade, Florida.
9.00 **People Magazine Investigates** In 1990, a clown delivering flowers and balloons guns down a woman at home. **10.00** The case of a mother-of-five shot in her minivan.
11.00 **Obsession: Dark Desires**
12.00 M'T **Evil Lives Here: Shadows of Death** Double bill.
2.00 AM **Forbidden: Dying for Love**
3.00 **Obsession: Dark Desires**
4.00 **to 6.00** AM **Murder Under the Friday Night Lights**

+1 hour 254 366

Discovery Turbo

161/172 180

6.00 AM **Extreme RVs**
7.00 **Kindig Customs**
8.00 **Mega Shippers**
9.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Shed and Buried: Classic Cars** An eclectic mix of British and American vehicles.
1.00 PM **Junkyard Empire**
2.00 **Wheeler Dealers**
3.00 **Salvage Hunters: Classic Cars**
4.00 **Richard Hammond's Workshop**
6.00 **Salvage Hunters: Classic Cars**
7.00 **Shed and Buried**
8.00 **Richard Hammond's Workshop** Richard agrees to continue with the Smallest Cog Race team.
9.00 **Iron Resurrection** Joe dusts off his prized 1965 Pontiac Catalina.
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 M'T **Richard Hammond's...**
1.00 AM **Shed and Buried: Classic...**
2.00 **Iron Resurrection**
3.00 **Wheeler Dealers**
4.00 **to 5.00** AM **Speed Is the New Black**

+1 hour 261/272

Films

Sky Cinema Premiere

301 401 501 515

6.20 AM **Sky Cinema Preview**
7.20 **Fight or Flight** As 12.05am.
9.10 **AfrAid** As shown at 1.50am.
10.50 **The Cinema List**
11.10 PREMIERE **It Ends with Us**
1.30 PM **The Good Half** Drama. (2023, 15, 96min) ★★★
3.10 **Harold and the Purple Crayon** Family adventure. (2024, PG, 87min) ★★★
4.45 **Horizon: An American Saga – Chapter 1** Epic Western. (2024, 15, 181min) ★★★★

8.00 It Ends with Us

8.00 PREMIERE **It Ends with Us** Drama based on Colleen Hoover's novel, starring Blake Lively. When a woman's first love re-enters her life, her relationship with an abusive neurosurgeon is upended. With Justin Baldoni and Brandon Sklenar. (2024, 15, 125min) ★★★ *See review, page 23.*
SEX ●●● VIOLENCE ●●● LANG ●●●

10.20 **Skincare** Dark comedy thriller starring Elizabeth Banks. A small business owner embarks on a quest for revenge. (2024, 18, 86min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **Fight or Flight** Thriller. (2025, 15, 98min) ★★★
1.50 **AfrAid** Sci-fi horror with John Cho. (2024, 15, 84min) ★★
3.30 **MaXXXine** Horror with Mia Goth. (2024, 18, 103min) ★★★
5.30 **to 7.30** AM **Black Dog** Chinese drama. Subtitled. (2024, 12, 110min)

Sky Cinema Hits

303 403 503 517

6.05 AM **The Killer** As 3.40am.
8.15 **Barber** As shown at 1.55am.
10.00 **Ride On** Action drama. (2023, PG, 126min) ★★★
12.10 PM **Collateral** Thriller. (2004, 15, 120min) ★★★★
2.15 **John Wick** Action thriller. (2014, 15, 101min) ★★★★
4.00 **John Wick: Chapter 2** Action sequel starring Keanu Reeves. (2017, 15, 122min) ★★★★
6.05 **Mamma Mia!** Musical. (2008, PG, 108min) ★★★★

10.00 Chicago

8.00 **Mamma Mia! Here We Go Again** ABBA-themed musical sequel starring Amanda Seyfried and Lily James. The reopening of the Hotel Bella Donna leads to a reunion for Sophie's family. With Pierce Brosnan and Cher. (2018, PG, 114min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Chicago** Oscar-winning screen version of the hit Broadway musical, starring Renée Zellweger, Catherine Zeta-Jones and Richard Gere. (2002, 12, 112min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **My Big Fat Greek Wedding 3** Romantic comedy sequel starring Nia Vardalos. (2023, 12, 92min) ★★
1.55 **Barber** Mystery drama starring Aidan Gillen. (2023, 15, 90min) ★★★
3.40 **to 6.00** AM **The Killer** Thriller starring Nathalie Emmanuel. (2024, 15, 126min) ★★★★

Sky Cinema Drama

310 410 510 524

7.35 AM **Finding You** Romantic drama. (2021, PG, 119min) ★★
9.45 **Frost/Nixon** Ron Howard's drama based on Peter Morgan's play. (2008, 15, 122min) ★★★★
11.55 **May December** Drama. (2023, 15, 117min) ★★★★
2.05 PM **Quartet** Comedy drama. (2012, 12, 94min) ★★★★
3.55 **P.S. I Love You** Comedy drama. (2007, 12, 121min) ★★★

6.10 **Jackie** Biopic starring Natalie Portman. Jacqueline Kennedy battles with grief following the assassination of her husband, President John F Kennedy. With Peter Sarsgaard, Greta Gerwig, Billy Crudup and John Hurt. (2016, 15, 100min) ★★★★
8.00 **A Star Is Born** Drama starring Lady Gaga and Bradley Cooper, who also directed. A fading music star falls in love with a nightclub singer-songwriter. (2018, 15, 136min) ★★★★★

10.25 **I Used to Be Funny** Comedy drama starring Rachel Sennott. (2023, 15, 105min) ★★★
12.20 AM **You Can Live Forever** Drama. (2022, 15, 96min) ★★★
2.10 **The Angels' Share** Crime caper. (2012, 15, 96min) ★★★★
4.05 **to 6.15** AM **May December**

Sky Cinema Sci-fi/Horror

311 411 511 525

6.15 AM **Ouija: Origin of Evil** (2016)
8.05 **The Purge: Election Year** (2016)
10.05 **Arrival** Sci-fi drama starring Amy Adams and Jeremy Renner. (2016, 12, 116min) ★★★★★
12.10 PM **Insidious: Chapter 2** Supernatural thriller sequel. (2013, 15, 103min) ★★★
2.10 **War of the Worlds** Steven Spielberg's sci-fi thriller. (2005, 12, 116min) ★★★★

4.15 **Total Recall** Sci-fi thriller remake. (2012, 12, 113min) ★★★
6.25 **The Purge** Horror thriller. (2013, 15, 85min) ★★★
8.00 **Dune: Part Two** Sci-fi drama starring Timothée Chalamet. Freedom fighters Paul and Chani galvanise the Fremen to strike down conspirators against the Atreides dynasty. (2024, 12, 166min) ★★★★★
10.50 **Riddick** Sci-fi thriller sequel starring Vin Diesel and Jordi Mollà. (2013, 15, 122min) ★★★

1.00 AM **Ouija: Origin of Evil** Supernatural horror prequel. (2016, 15, 99min) ★★★
2.50 **The Purge: Election Year** Action horror sequel. (2016, 15, 108min) ★★★
4.45 **to 6.30** AM **Kill** Thriller. (2023, 15, 94min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 406 506 520

7.45 AM **It Takes Two** Family comedy. (1995, U, 97min) ★
9.40 **Beethoven** Family comedy. (1992, U, 87min) ★★★
11.25 **The Hobbit: The Battle of the Five Armies** Fantasy. (2014, 12, 144min) ★★★
2.05 PM **The Smurfs** Adventure. (2011, U, 103min) ★★
4.00 **The Smurfs 2** Adventure sequel. (2013, U, 104min) ★★
5.50 **Cats & Dogs** Comedy fantasy. (2001, PG, 87min) ★★★★

5.50 Cats & Dogs

7.25 **Hook** Steven Spielberg's fantasy based on JM Barrie's *Peter Pan*, starring Robin Williams and Dustin Hoffman. A middle-aged Peter Pan has to save his children from his old enemy, Captain Hook. (1991, U, 140min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

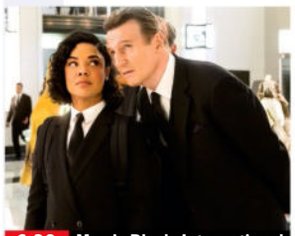
9.50 **Small Soldiers** Fantasy adventure starring Kirsten Dunst. A toy company launch a new range of deadly action dolls with a life of their own. (1998, PG, 99min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.45 **A Tiger's Journey** Drama. (2023, PG, 94min) ★★★
1.25 AM **Daddy Day Camp** Family comedy sequel. (2007, PG, 88min) ★★
3.00 **The Horse Dancer** Drama. (2017, PG, 114min) ★★★
5.00 **to 6.40** AM **The Adventures of Sharkboy and Lavagirl in 3-D** Fantasy adventure. (2005, U, 98min) ★★

Sky Cinema Men in Black

307 407 507 521

6.00 AM **Men in Black** As 8.20pm.
7.40 **Men in Black II** As 10.00pm.
9.20 **Men in Black 3** As 4.30pm.
11.10 **Men in Black: International**
1.10 PM **Men in Black** As 8.20pm.
2.50 **Men in Black II** As 10.00pm.
4.30 **Men in Black 3** Sci-fi comedy sequel starring Will Smith. (2012, PG, 105min) ★★★★
6.20 **Men in Black: International** Sci-fi action comedy sequel starring Chris Hemsworth. (2019, 12, 110min) ★★★


6.20 Men in Black: International

8.20 **Men in Black** Sci-fi action comedy starring Tommy Lee Jones and Will Smith. A streetwise New York cop joins a secret government agency that polices alien activity on Earth. With Linda Fiorentino. (1997, PG, 94min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Men in Black II** Sci-fi action comedy sequel starring Tommy Lee Jones and Will Smith. When an evil alien threatens Earth, top MIB agent Jay needs the help of his amnesiac former partner Kay to save the planet. With Rip Torn and Rosario Dawson. (2002, PG, 88min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **Men in Black 3** As 4.30pm.
1.30 AM **Men in Black: International** As 6.20pm.
3.30 **Men in Black** As 8.20pm.
5.10 **to 6.50** AM **Men in Black II**

Sky Cinema Comedy

308 408 508 522

6.55 AM **Seriously Red** As 1.20am.
8.40 **Ride Along** Police comedy. (2014, 12, 97min) ★★
10.25 **Ride Along 2** Comedy sequel. (2016, 12, 102min) ★★
12.15 PM **Horrible Bosses** Comedy. (2011, 15, 93min) ★★★
2.00 **Tropic Thunder** War spoof. (2008, 15, 107min) ★★★★
3.55 **Baywatch** As 4.35pm.
6.05 **Nutty Professor II: The Klumps** Comedy sequel. (2000, 12, 105min) ★★★

9.45 What Happens Later

8.00 **About Last Night** Romantic comedy remake starring Michael Ealy and Joy Bryant. Two people decide pursue a relationship after a one-night stand. (2014, 15, 98min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 **What Happens Later** Romantic comedy starring Meg Ryan and David Duchovny. Two former lovers are reunited and snowed in at an airport overnight. (2023, 15, 99min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.35 **The Boss** Comedy starring Melissa McCarthy and Kristen Bell. (2015, 15, 89min) ★★★
1.20 AM **Seriously Red** Romantic comedy starring Krew Boylan. (2022, 15, 104min) ★★★
3.05 **Drive-Away Dolls** Action comedy with Margaret Qualley. (2023, 15, 84min) ★★★
4.35 **to 6.40** AM **Baywatch** Action comedy. (2017, 15, 121min) ★★

Sky Cinema Thriller

309 409 509 523

7.50 AM **Unhinged** Action thriller. (2020, 15, 90min) ★★★
9.35 **In the Line of Fire** Thriller. (1993, 15, 127min) ★★★★
11.50 **Marlowe** Crime thriller. (2022, 15, 110min) ★★
1.50 PM **Ocean's Eight** Crime caper starring Sandra Bullock. (2018, 12, 110min) ★★★★
3.50 **Murder by Numbers** Thriller. (2002, 15, 120min) ★★★
5.55 **Nightcrawler** Crime thriller. (2014, 15, 115min) ★★★★

5.55 Nightcrawler

8.00 **Captain Phillips** Fact-based thriller starring Tom Hanks and Barkhad Abdi. Four Somali pirates hijack a US container ship, putting its veteran captain through a terrifying ordeal. (2013, 12, 129min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

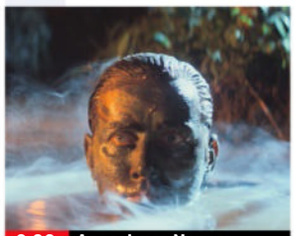
10.25 **Nighthawks** Action thriller starring Sylvester Stallone and Billy Dee Williams as New York cops on the trail of an international terrorist. (1981, 18, 99min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.20 AM **Contraband** Action thriller starring Mark Wahlberg. (2012, 15, 105min) ★★★
2.15 **Battle Royale** Japanese satirical thriller. Subtitled. (2000, 18, 113min) ★★★★
4.15 **to 6.05** AM **The Lesson** Romantic thriller starring Daryl McCormack and Richard E Grant. (2023, 15, 103min) ★★★

Film4

313 855 428 14 300

■ **Films start at 11.00am**
11.00 AM **The Nevadan** Western. (1949, U, 81min) ★★★★
12.40 PM **Hangman's Knot** Western. (1953, PG, 81min) ★★
2.20 **Fire Down Below** Drama. (1957, PG, 116min) ★★★
4.40 **Sink the Bismarck!** World War Two naval drama. (1959, b/w, U, 97min) ★★★
6.40 **Deep Impact** Disaster movie starring Robert Duvall. (1998, 12, 123min) ★★★★


9.00 Apocalypse Now

Deep Impact (film started at 6.40pm) **8 PM**
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Apocalypse Now: Final Cut** Extended version of Francis Ford Coppola's acclaimed Vietnam War drama starring Martin Sheen and Marlon Brando. An army captain is sent on a mission to assassinate a colonel who is worshipped by his followers. (1979, 15, 181min) ★★★★★ **9 PM**
SEX ●●● VIOLENCE ●●● LANG ●●●

10 PM

11 PM

12.10 AM **London Has Fallen** Action thriller sequel to *Olympus Has Fallen*, starring Gerard Butler. (2016, 15, 99min) ★★★
2.05 **to 4.00** AM **Submarine** Coming-of-age comedy directed by Richard Ayoade and starring Craig Roberts. (2010, 15, 96min) ★★★★

+1hour 314 430 47 301

Sky Cinema Books to Screen

302 402 502 516

7.55 AM **Ferrari** Biographical drama. (2023, 15, 130min) ★★★
10.10 **The Danish Girl** As 2.50am.
12.10 PM **Mr Holmes** Period mystery. (2015, PG, 101min) ★★★★
1.55 **BlackBerry** Comedy drama. (2023, 15, 120min) ★★★★
3.55 **The Saint** Thriller spin-off. (1997, 12, 116min) ★★★
5.55 **World War Z** Action thriller. (2013, 15, 116min) ★★★★

8.00 **There Will Be Blood** Epic drama starring Daniel Day-Lewis and Paul Dano. A ruthless California prospector makes a colossal fortune in the early-20th-century oil business but turns into a haunted loner. (2007, 15, 158min) ★★★★★
10.40 **Goodfellas** Martin Scorsese's gangster drama based on the memoirs of a real-life Mafia hood. Stars Robert De Niro, Ray Liotta and Joe Pesci. (1990, 18, 143min) ★★★★★

1.10 AM **Hellraiser** Horror fantasy from cult British author Clive Barker. (1987, 18, 92min) ★★★
2.50 **The Danish Girl** Period drama. (2015, 15, 117min) ★★★
5.00 **to 7.15** AM **The Adventures of Baron Munchausen** Fantasy. (1988, PG, 126min) ★★★★

Sky Cinema Greats

304 404 504 518

6.00 AM **Birdy** As shown at 3.55pm.
8.10 **Twins** As shown at 6.00pm.
10.10 **Stand by Me** As 2.40am.
11.55 **The Sugarland Express** (1974)
1.55 PM **Boyz N the Hood** (1991)
3.55 **Birdy** Alan Parker's psychological drama starring Nicolas Cage. (1984, 15, 120min) ★★★★
6.00 **Twins** Comedy starring Arnold Schwarzenegger and Danny DeVito. (1988, PG, 107min) ★★★

8.00 **The Sugarland Express** Fact-based comedy drama, the feature-film debut of Steven Spielberg, starring Goldie Hawn. A young mother helps her husband break out of prison. (1974, PG, 110min) ★★★
10.00 **Boyz N the Hood** Oscar-nominated urban drama starring Larry Fishburne and Cuba Gooding Jr as a father and son confronting violence and racism in South Central Los Angeles. (1991, 15, 111min) ★★★★★

12.00 M'T **Born on the Fourth of July** Fact-based drama. (1989, 18, 138min) ★★★★★
2.40 AM **Stand by Me** Drama. (1986, 15, 89min) ★★★★★
4.25 **to 6.40** AM **...And Justice for All** Satirical black comedy. (1979, 15, 119min) ★★★

Sky Cinema Animation

305 412 500 514

6.20 AM **The Inventor** As 12.35am.
8.05 **The Boss Baby** Animated comedy. (2017, U, 97min) ★★★
9.50 **The Ogglies** Animation. (2021, PG, 85min) ★★★
11.30 **Madagascar 3: Europe's Most Wanted** Animated sequel. (2012, PG, 93min) ★★★★
1.10 PM **Dr Seuss' The Lorax** Animated comedy adventure. (2012, U, 86min) ★★★

2.40 **Batman Unlimited: Mechs vs Mutants** Animated adventure. (2016, PG, 72min) ★★★
4.00 **Ruby Gillman, Teenage Kraken** Animated fantasy. (2023, PG, 93min) ★★★
5.40 **The Emoji Movie** Animated adventure. (2017, U, 83min) ★
7.15 **Hotel Transylvania** Animation. (2012, U, 91min) ★★★★
9.00 **Boonie Bears: Guardian Code** Animation. (2023, PG) ★★★
10.50 **The Canterville Ghost** Animation. (2023, PG) ★★

12.35 AM **The Inventor** Animation. (2023, PG, 100min) ★★★
2.30 **Batman Unlimited: Mechs vs Mutants** As shown at 2.40pm.
4.00 **Sky Cinema Preview**
5.00 **to 6.50** AM **SuperKlaus** Animated family adventure. (2024, U, 92min) ★★

Movies 24

312 419

7.00 AM **Cut, Color, Murder** Mystery. (2022, PG, 84min) ★★
9.00 **Love on Retreat** Romantic drama. (2023, PG, 85min) ★★
11.00 **His and Hers** Romantic drama. (2024, PG, 90min) ★★
1.00 PM **The Best Version of Love** Romantic comedy drama. (2023, PG, 86min) ★★
3.00 **Marry Go Round** Romantic comedy. (2022, PG, 84min) ★★

5.00 **Caribbean Summer** Romantic comedy with Heather Hemmens. (2022, PG, 84min) ★★
7.00 **Never Too Late to Celebrate** Romantic drama starring Alexa and Carlos PenaVega. (2023, PG, 90min) ★★
9.00 **A Bestselling Kind of Love** Romantic drama starring Ashley Newbrough and Jason Diaz. A novelist works with a public speaking coach to overcome her fear of publicising her work. (2024, PG, 90min) ★★

11.00 **My Dreams of You** Romantic drama. (2024, PG, 90min) ★★
1.00 AM **Blind Date Book Club** Drama. (2024, PG, 90min) ★★
3.00 **to 5.00** AM **Love Served Here** Drama. (2023, PG, 84min) ★★

Movies 24+ 315 420

Talking Pictures

328 445 82 306

6.00 AM **The Shipbuilders** Drama. (1943, b/w, PG, 92min) ★★★
7.35 **The Strange Woman** Period melodrama with Hedy Lamarr. (1946, b/w, PG, 100min) ★★★★
9.35 **Serious Charge** Drama. (1959, b/w, PG, 95min) ★★★
11.35 **Strange Voyage** Adventure. (1946, b/w, U, 80min) ★★★
12.50 PM **Faces in the Dark** Thriller. (1960, b/w, PG, 85min) ★★★

2.30 **The One That Got Away** Fact-based wartime drama. (1957, b/w, U, 110min) ★★★
4.45 **Conflict of Wings** Drama. (1954, U, 84min) ★★★
6.25 **Millions Like Us** Drama. (1943, b/w, U, 103min) ★★★★
8.25 **Strange But True**
9.00 **Cellar Club with Caroline Munro**
9.05 **Doomwatch** 2/13. (S2)
10.05 **Cellar Club with Caroline Munro**
10.10 **Driller Killer** Horror directed by and starring Abel Ferrara. (1979, 18, 90min) ★★

12.05 AM **Cellar Club with Caroline...**
12.10 **Man in the Attic** Thriller. (1953, b/w, PG, 82min) ★★★
1.50 **The Fall of the House of Usher** Horror. (1950, b/w, PG) ★★★
3.15 **Impact** Crime thriller. (1949, b/w, PG, 111min) ★★★
5.30 **to 6.00** AM **Time to Remember**

Friday

Sky Sports Main Event

401 511 501 419 439

6.00 AM LIVE **F1 Academy** Coverage of the practice session, staged at Shanghai International Circuit. Start-time 6.05am.
7.00 LIVE **Formula 1** The Chinese Grand Prix sprint qualifying from Shanghai International Circuit. Start-time 7.30am.
9.00 **Ted's Notebook**
9.30 **Good Morning Sports Fans**
10.00 **The Football Show**
11.30 LIVE **PGA Tour Golf** Coverage of the second day of the Valspar Championship from Innisbrook Resort in Florida. Peter Malnati was successful here last year, winning the event by two strokes.
7.30 PM LIVE **Super League St Helens v Warrington Wolves.** Coverage of the match from the fifth round of fixtures at Totally Wicked Stadium. Kick-off 8.00pm.
10.15 LIVE **WTA & ATP Tennis** Coverage of the fourth day of the Miami Open at Miami Gardens.
2.00 AM LIVE **Formula 1** Coverage of the Chinese Grand Prix sprint race at Shanghai International Circuit. Start-time 3.00am.
4.30 **Ted's Notebook**
5.00 **to 5.50** AM **Sky Sports News**

Sky Sports Premier League

402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
8.00 **Premier League Best Goals**
9.00 **Premier League 100 Club**
10.00 **The Football Show**
12.00 NOON **Gary Neville's Soccerbox**
1.00 PM **Premier League Years**
3.00 **PL Retro** Chelsea v Wigan Athletic in the 2009/10 season.
5.00 **Premier League Best Goals**
6.00 **PL 100: David Seaman** A look back at the goalkeeper's career.
6.30 **Premier League 100 Club** A look at Matt Le Tissier's top-flight goals for Southampton.
7.00 **The Big Interview** An interview with a Premier League player from the past or present.
7.30 **Premier League Stories** Former Everton goalkeeper Tim Howard discusses neurodiversity.
8.00 **Gary Neville's Soccerbox**
9.00 **The Big Interview**
9.30 **Premier League Stories**
10.00 **Premier League Icons**
11.00 **Premier League Years**
1.00 AM **PL Retro** Sheffield United v Wigan Athletic from 2007.
3.00 **PL Greatest Games**
4.00 **Premier League Best Goals**
5.30 **to 6.00** AM **Premier League 100 Club**

Sky Sports Football

403 513 503 421 441

6.00 AM **EFL** Championship play-offs.
9.00 **EFL Greatest Games**
10.00 **EFL Cup Retro** The 2011 final.
12.00 NOON **EFL Highlights**
12.30 PM **Bundesliga Weekly**
1.00 **EFL Highlights** Championship.
2.00 **Scottish Premiership Round-Up**
2.15 **SPFL Highlights**
2.45 **EFL Highlights**
3.00 **Bundesliga Weekly**
3.30 **EFL Highlights**
4.00 **Scottish Premiership Round-Up**
4.15 **SPFL Highlights**
4.45 **EFL Highlights**
5.00 **Bundesliga Weekly**
5.30 **EFL Highlights**
7.00 **Bundesliga Weekly**
7.30 **Bundesliga Highlights Show**
8.30 **EFL Cup Highlights**
9.30 **Scottish Premiership Round-Up**
9.45 **SPFL Highlights**
10.15 **EFL Highlights** Swansea City v Burnley in the Championship.
10.30 **1983: When Aberdeen Ruled Europe** The story of the greatest year in the history of Aberdeen.
11.30 **EFL Greatest Games**
12.00 M'T **EFL Cup** The 2012 final.
2.45 AM **EFL Greatest Games**
4.00 **Championship Season Review**
5.00 **Best Goals: EFL Cup 2022/23**
5.30 **to 6.00** AM **EFL Trophy**

Sky Sports Cricket

404 514 504 422 442

6.00 AM **IPL** The first 2024 qualifier.
7.00 **ICC Champions Trophy Cricket**
8.00 **IPL** Action from the 2024 final.
9.00 **WPL** The final in Mumbai.
10.00 **IPL** Recent highlights.
3.00 PM **ICC Champions Trophy Cricket** India v New Zealand.
4.00 **WPL** Action from the final at Brabourne Stadium in Mumbai.
5.00 **IPL** Highlights of Kolkata Knight Riders v Sunrisers Hyderabad in the first 2024 qualifier match. **6.00** Rajasthan Royals v Royal Challengers Bengaluru in the 2024 eliminator match. **7.00** The second 2024 qualifier match between Sunrisers Hyderabad and Rajasthan Royals. **8.00** Highlights of the 2024 final between Kolkata Knight Riders and Sunrisers Hyderabad.
9.00 **ICC Champions Trophy Cricket** India v New Zealand in the final.
10.00 **WPL** Action from the final at Brabourne Stadium in Mumbai.
11.00 **IPL** Highlights from India.
1.00 AM **ICC Champions Trophy Cricket** India v New Zealand.
2.00 **IPL** Highlights from India.
3.00 **WPL** The final in Mumbai.
4.00 **ICC Champions Trophy Cricket**
5.00 **to 6.00** AM **IPL**

Sky Sports Golf

405 515 505 423 443

6.00 AM LIVE **DP World Tour Golf** Day two of the Porsche Singapore Classic staged at Laguna National Golf Resort Club in Singapore.
10.00 **Ladies European Tour Golf**
11.00 **HotelPlanner Tour Golf**
11.30 LIVE **PGA Tour Golf** Coverage of the second day of the Valspar Championship from Innisbrook Resort in Palm Harbor, Florida.
10.00 PM **Ladies European Tour Golf**
11.00 **Golf** Recent highlights.
11.30 **Playing Lessons**
12.00 M'T LIVE **Ladies European Tour Golf** Coverage of day three of the Ford Women's NSW Open staged at Wollongong Golf Club in Illawarra, New South Wales.
4.00 **to 6.00** AM LIVE **DP World Tour Golf** Coverage of the third day of the Porsche Singapore Classic from Laguna National Golf Resort Club in Singapore.

Sky Sports Tennis

407 537 520 425 445

6.00 AM **WTA & ATP Tennis**
3.00 PM LIVE **WTA & ATP Tennis** Coverage of day four of the Miami Open at Miami Gardens in Florida, featuring men's and women's second-round singles matches.
3.00 AM **Billie Jean King: My Story**
3.15 **Martina Navratilova: Unstoppable** An interview.
3.30 **ATP Sizzle Reel 2024**
3.45 **WTA Sizzle Reel 2024**
4.00 **to 6.00** AM **ATP Tennis**

TNT Sports 1

410 870 521 408 430

6.00 AM LIVE **T20 Cricket New Zealand v Pakistan.** The third T20 from Eden Park in Auckland.
10.00 LIVE **Snowboarding** In Austria.
11.30 **MotoGP Rewind**
11.45 LIVE **Nordic Combined Skiing** Coverage from Lahti.
12.30 PM LIVE **Biathlon** The men's 10km sprint race from Norway.
1.45 LIVE **Men's Cycling Pro Series** Bredene Koksijde Classic.
3.15 LIVE **Biathlon** From Norway.
4.45 LIVE **Cross Country Skiing** Coverage from Lahti, Finland.
6.15 **TNT Sports Reload**
6.30 **Premier League: Big Interview**
7.00 LIVE **Gallagher Premiership Rugby Union Northampton Saints v Leicester Tigers.** From cinch Stadium at Franklin's Gardens. Kick-off 7.45pm.
10.00 **Premiership Rugby Union**
11.45 **MotoGP Rewind**
12.00 M'T LIVE **NBA Miami Heat v Houston Rockets.** From Kaseya Centre. Tip-off 12.00m't.
2.30 AM LIVE **NBA Los Angeles Clippers v Memphis Grizzlies.**
5.00 **to 8.00** AM LIVE **AFL Port Adelaide Power v Richmond Tigers.** Bounce-up 5.15am.

TNT Sports 2

411 871 522 409 431

6.45 AM **TNT Sports Reload**
7.00 LIVE **World Rally Championship** Safari Kenya.
9.15 **MotoGP Rewind**
9.30 **Original Documentary**
10.30 LIVE **World Rally Championship** Safari Kenya.
11.45 **TNT Sports Reload**
12.00 NOON LIVE **World Rally Championship** Special stage eight of the Safari Kenya.
1.00 PM **TNT Sports Reload**
1.15 LIVE **World Rally Championship** Special stages nine and 10 of the Safari Kenya.
3.30 **WRC Classic** Archive action.
4.00 **Original Documentary**
5.00 **Men's Cycling Pro Series**
5.30 **NBA on Fire** The latest news.
6.00 **Ultimate Pool** Recent action.
7.30 **Serie A – Full Impact**
8.00 **Men's Cycling Pro Series**
9.00 **World Rally Championship**
9.30 **T20 Cricket Highlights**
10.30 **Women's T20 Cricket**
11.30 **World Rally Championship**
12.00 M'T **AFL** Bulldogs v Magpies.
2.00 AM LIVE **AFL Essendon Bombers v Adelaide Crows.**
5.00 **Discovery Golf**
5.30 **to 6.00** AM **Cycling Pro Series**

Sky Sports Action

408 517 507 426 446

6.00 AM LIVE **Super Rugby Moana Pasifika v Chiefs.** Coverage of the match from Teufaiva Stadium in Nuku'alofa. Kick-off 6.05am.
8.00 **Fight Night International**
9.00 LIVE **NRL Brisbane Broncos v North Queensland Cowboys.** Coverage of the match from the third round of fixtures at Suncorp Stadium. Kick-off 9.00am.
11.00 **Fight Night International**
12.00 NOON **Super League Highlights**
1.00 PM **The Rugby Championship**
3.00 **Fight Night International**
4.00 **Super League Highlights**
5.00 **Top Rank Boxing Archive**
6.15 **Super League Highlights**
7.00 **Women's Super League**
7.30 LIVE **Super League St Helens v Warrington Wolves.** Coverage of the match in the fifth round of fixtures from Totally Wicked Stadium. Kick-off 8.00pm.
10.15 **Super League Highlights**
11.00 **Top Rank Boxing Archive**
12.00 M'T **Super League**
3.30 AM LIVE **Super Rugby Highlanders v Reds.** From Forsyth Barr Stadium in Dundein, New Zealand. Kick-off 3.35am.
5.30 **to 6.00** AM **Super League**

Sky Sports Sky Sports+

412 518 508 427 447

6.00 AM **Sky Sports News** Round-up of the morning's sports news.
7.00 **Good Morning Sports Fans** News and views on today's early stories, a look at the back pages and a sporting weather forecast.
10.00 **The Football Show** A detailed look at all the major stories making the football headlines this morning, with discussion and analysis of the big talking points.
12.00 NOON **Lunchtime Live** A look at sports stories making the headlines.
2.00 PM **Sports Desk** Sports news with live analysis and comments.
4.00 LIVE **NCAA Basketball** Rolling coverage of today's matches in the NCAA college basketball tournament, as a number of subregional first-round games take place at arenas around the country. Another 16 matches are scheduled to take place today as the round of 64 comes to a conclusion, with the winners of today's games joining the victors from yesterday in the round of 32, which commences tomorrow in each of the four subregional tournaments.
4.00 **to 6.00** AM **Sky Sports News**

Sky Sports Mix

416 873 510 429 449

6.00 AM **Super League Highlights**
6.30 **The Rugby Championship**
8.30 **My Icon** Sporting influences.
9.00 **Premier League Darts**
1.00 PM **My Icon** Sporting influences.
1.30 **Fight Night International**
2.30 **The Rugby Championship**
4.30 **Fight Night International**
5.30 **Super League Highlights**
6.30 **My Icon** Sporting influences.
7.25 LIVE **Netball Super League Birmingham Panthers v Manchester Thunder.** Coverage of the match from BP Pulse Live Arena. Centre-pass 7.30pm.
9.00 **The Rugby Championship**
11.00 **One Championship Weekly**
11.30 **My Icon** Sporting influences.
12.00 M'T LIVE **Ladies European Tour Golf** Coverage of day three of the Ford Women's NSW Open staged at Wollongong Golf Club in Illawarra, New South Wales.
5.00 **to 6.00** AM **Super League**

TNT Sports 3

413 874 523 410 432

6.00 AM **Highlights**
8.30 LIVE **AFL Western Bulldogs v Collingwood Magpies.**
11.30 **UEFA Conference League**
11.45 LIVE **Nordic Combined Skiing**
12.30 PM **SailGP Highlights**
1.30 **UEFA Europa League Goals**
1.45 LIVE **Ski Jumping** From Finland.
3.15 **TNT Sports Reload**
3.30 **Football Features**
4.30 LIVE **Cross Country Skiing**
6.15 **MotoGP Rewind**
6.30 **Discovery Golf**
7.00 **AFL** Bulldogs v Magpies.
9.00 **MotoGP Highlights**
10.00 **Men's Cycling Pro Series**
10.30 **European Football Highlights**
11.00 **SailGP Highlights**
12.00 M'T **Highlights**
3.00 AM LIVE **A-League Women Wellington Phoenix v Central Coast Mariners.** Kick-off 3am.
5.00 **to 7.00** AM LIVE **A-League Women Canberra United v Sydney FC.** Kick-off 5am.

TNT Sports 4

414 876 524 411 434

6.00 AM **Ultimate Pool** Recent action.
7.30 **A-League Women Highlights**
8.00 **Winter Sports** Highlights.
9.00 LIVE **Nordic Combined Skiing** Coverage from Lahti, Finland.
10.00 **Isuzu A-League Highlights**
10.30 **UEFA Champions League Goals**
10.45 LIVE **Freestyle Skiing**
12.00 NOON **Fishing: On the Bank**
1.00 PM **NBA Action** Highlights.
1.30 LIVE **Freestyle Skiing** The dual moguls finals from Engadin.
3.00 **MotoGP Rewind**
3.15 **NBA** Lakers v Bucks.
4.45 LIVE **Alpine Skiing** From Idaho.
6.00 **Winter Sports** Highlights.
8.00 **NBA Action** The latest action.
8.30 **NBA on Fire** The latest news.
9.00 **NBA** Lakers v Bucks.
10.30 **MLB** Chicago Cubs v LA Dodgers.
1.30 AM **Winter Sports** Highlights.
3.30 **Men's Cycling Pro Series**
4.30 **World Rally Championship**
5.30 **to 6.00** AM LIVE **World Rally Championship** Safari Kenya.

Premier Sports 1

419 551

6.00 AM **Sporting Countdowns**
7.00 **Scottish Football Social Club**
8.00 **World Surf League**
9.00 **NASCAR Highlights**
10.00 **UK Independent Kart Racing**
11.00 **URC in 60** Highlights.
12.00 NOON **LaLiga Highlights**
1.00 PM **NHL on the Fly**
2.00 **LaLiga News**
2.30 **Sporting Greats**
3.00 **NASCAR Highlights**
4.00 **World Surf League**
5.00 **Downhill Skateboarding**
6.00 **URC in 60** Highlights.
7.00 LIVE **United Rugby Championship Glasgow Warriors v Munster.** Coverage of the match from Scotstoun Stadium. Kick-off 7.35pm.
10.00 **Indy Autonomous Challenge**
10.30 **Sporting Countdowns**
11.00 **NHL Ice Hockey** Recent action.
1.00 AM **United Rugby Championship**
3.00 **Transworld Sport** Magazine.
4.00 **to 6.00** AM **Champions Cup**

Premier Sports 2

420 552

6.00 AM **United Rugby Championship**
8.00 **Temples of Sport**
8.30 **GP Confidential**
9.00 **LaLiga** Osasuna v Getafe.
11.00 **Temples of Sport**
11.30 **Bike World** Magazine.
12.00 NOON **NHL Ice Hockey**
2.00 PM **GP Confidential**
2.30 **United Rugby Championship**
4.30 **Temples of Sport**
5.00 **United Rugby Championship**
7.00 LIVE **United Rugby Championship Cardiff v Lions.** Coverage from Cardiff Arms Park. Kick-off 7.35pm.
10.00 **Africa Eco Race**
11.00 LIVE **NHL Ice Hockey Pittsburgh Penguins v Columbus Blue Jackets.** The Eastern Conference match at PPG Paints Arena. Face-off 11.00pm.
2.00 AM **Temples of Sport**
3.00 **FIM Sidecarcross**
4.00 **to 6.00** AM **Top 14 Rugby Union**

Sky Sports F1

406 516 506 424 444

6.00 AM LIVE **F1 Academy** The practice session from China.
7.00 LIVE **Formula 1** Coverage of the Chinese Grand Prix sprint qualifying. Start-time 7.30am.
9.00 **Ted's Notebook**
9.30 **The F1 Wheelchair**
9.45 **Jenson & the FW22: Extended**
10.00 **Formula 1** Recent action.
4.00 PM **Formula 1** From China.
5.25 **F1 Feature**
5.30 **Formula 1** Chinese Grand Prix.
8.55 **F1 Feature**
9.00 **Formula 1** Recent highlights.
10.10 **Chasing the Dream**
10.30 LIVE **Indycar** Coverage of the first practice session for the Thermal Club IndyCar Grand Prix.
12.00 M'T **Formula 1** From China.
1.00 AM **The Rookies**
2.00 LIVE **Formula 1** Coverage of the Chinese Grand Prix sprint race. Start-time 3.00am.
4.30 **to 5.50** AM **F1 Features**

SKY HD SD VIRGIN HD EE HD

KIDS WATCHLIST

Great shows for young viewers (from tots to teens) on linear TV and streaming

NEW

BBC iPLAYER High Hoops

Weekdays, 6.25pm, CBBC & BBC iPlayer

In this new comedy, Aoife has just started at a new school. She's tall, gangly and clumsy - so it seems she might be just the right person to help the school's failing basketball team, the Vipers.

And maybe, just maybe, if Aoife (Darci Hull, centre) can transform the fortunes of the ailing Vipers, she could reinvent herself as super cool and popular at the same time?

High Hoops also features *Peep Show*'s Robert Webb as teacher and basketball coach Mr Holt - so there's entertainment for all the family here!

NEW

tv+ BE@RBRICK

Available from Friday, Apple TV+

Based on the collectible toy bears, this animated series follows Jasmine Finch (voiced by Brianna Bryan) and her bandmates as they pursue their dreams and hope to inspire others to do the same. However, it's not easy in a world where everyone's role is chosen for them.

Jasmine decides that if she and her friends really want the world to change, they will have to make it happen themselves. Full of catchy songs, the series also features *The Crossover*'s Skyla I'Lece, who voices Holly.

More great shows to watch this week...

NEW

My Life: Me, My Horse and My Spear

Monday, 6pm, CBBC & BBC iPlayer

We meet 11-year-old Jaleel and 15-year-old Subhaan, part of a new generation of horse riders taking up the competitive sport of Neza Bazi.

NEW

Wolf King

Available from Thursday, Netflix

Based on the *Wereworld* novels by Curtis Jobling, this new animated fantasy adventure follows 16-year-old Drew Ferran, who discovers he is the last surviving member in a long ancestral line of werewolves.

NEW

Star Wars: Young Jedi Adventures

From Wednesday, Disney+

Kai Brightstar and his Jedi younglings friends are back for more galactic adventures in new episodes.

CROSSWORD

Solve the clues in our just-for-fun crossword puzzle and re-arrange the shaded squares so the letters spell out a British columnist and broadcaster (5,4). Answers at the bottom of the page – no cheating!

ACROSS

1 William -----, producer of Madonna's *Music* (5)
6 Actor in 1997's *Donnie Brasco*, Anne ----- (5)
7 1980s game show, *The* ----- *Is Right* (5)
9 Series hosted by Amanda Lamb, *The Saved and* ------ *Workshop* (6)
11 Former team captain on *A Question of Sport*, ---- McCoist (4)
12 Actor in *The Umbrella Academy*, ------ Page (6)
15 See picture clue: Star of 2009 film *The Hurt Locker*, Jeremy ------ (6)
17 Knighted actor of stage and screen (5,10)
19 *You Raise Me Up* singer, Josh ------ (6)
21 Annual charity telethon, Children -- ---- (2,4)
24 Star and writer of sitcom *30 Rock*, ---- Fey (4)
25 *I'm a Celeb* 2011 winner, ------ Poynter (6)
27 William S. Burroughs novel, *Naked* ----- (5)
28 American actor and singer, ----- Midler (5)
29 Musical partner of Art Garfunkel, Paul ----- (5)

DOWN

1 Former Take That singer, Jason ------ (6)
2 ----: *Ragnarok*, 2017 film with Chris Hemsworth (4)
3 1952 film with Katharine Hepburn (3,7,5)
4 1998 Bruce Willis movie about an asteroid (10)
5 English pop band with vocalist Tom Fletcher (5)
8 David ----, Best Director Oscar-winner for 1962 film *Lawrence of Arabia* (4)
10 Bruce Lee movie from 1974, ----- *the Dragon* (5)
13 Dance drama starring Antonio Banderas from 2006, *Take the* ---- (4)
14 Classic Oscar Wilde play, *The* ---------- *of Being Earnest* (10)
16 Classic US sci-fi series, *The Twilight* ---- (4)
18 Channel launched in 1997 as UK Arena (5)
20 2009 comedy-horror film, *Jennifer's* ---- (4)
22 See picture clue: Actor Anita ------ (6)
23 Peanuts character with a blanket (5)
26 ---- *Wide Shut*, 1999 film starring Tom Cruise (4)

WORDS: LYNETTE BRIGHTON. NICK CANNON. PHOTOS: GETTY, BBC, DISNEY+.

CROSSWORD SOLUTION

ANSWER: Grace Dent **ACROSS:** 1 Orbit 6 Hechie 7 Price 9 Remade 11 Ally 12 Elliot 15 Renner 17 Ralph Richardson 19 Groban 21 In Need 24 Tina 25 Douglie 27 Lunch 28 Bette 29 Simon **DOWN:** 1 Orange 2 Thor 3 The African Queen 4 Armageddon 5 McFly 8 Lean 10 Enter 13 Lead 14 Importance 16 Zone 18 Aliki 20 Body 22 Dobson 23 Linus 26 Eyes

Coming soon

FIRST LOOK

Tom Hughes (below right) as Dr James Ford

Malpractice

Tom Hughes stars in a new run of the medical thriller

A shocking event places a seasoned doctor's career under threat in the second series of ITV1's anthology drama *Malpractice*.

The five-part series, airing later this spring and written once more by real-life former NHS doctor Grace Ofori-Attah, sees Helen Behan and Jordan Kouamé reprise their roles as Dr Norma Callahan and Dr George Adjei, who work at the Medical Investigation Unit (MIU) and look into cases of alleged malpractice within the health profession.

This time around, their attention is on dedicated but cocky Dr James Ford (Tom Hughes), an on-call psychiatric registrar with a troubled private life, who is torn between treating a psychotic patient and dealing with a new mother who is having a postnatal check-up.

IMPORTANT PIECE

When events take a tragic turn, James' decisions come under scrutiny while the standards at his hospital are also placed under the spotlight.

Selin Hizli, Zoë Telford, Ace Bhatti, Hannah McClean, Seraphina Beh and Rick Warden co-star.

'I couldn't be more delighted to be playing James and helping bring to life Grace's pertinent and important piece, which stopped me in my tracks when I read it,' says Hughes. 'I hope the audience is equally as gripped and engaged by it.'

'I'm excited to be delving into the world of psychiatry, my medical speciality, with an incredible cast led by Tom Hughes,' adds Ofori-Attah. 'I can't wait.'

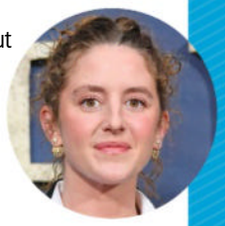
WHAT'S NEXT FOR...

David Tennant

In ITV1's **The Assembly**, the actor will be one of four celebs interviewed by people who are autistic, neurodivergent and/or learning disabled. Gary Lineker, Jade Thirlwall and Danny Dyer will also take part.

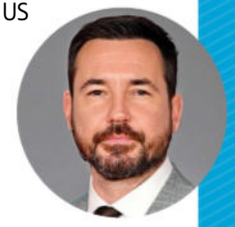
Louisa Harland

The actor will appear in BBC1 comedy drama **The Walsh Sisters**, based on Marian Keyes' novels about Dublin siblings. Caroline Menton, Danielle Galligan, Máiréad Tyers and Stefanie Preissner co-star.



Martin Compston

In C4's three-parter, **Martin Compston Living Las Vegas**, the *Line of Duty* star, who resides in the US city with his family, will lift the lid on its hidden gems, from his favourite restaurants to the secrets of the Mojave Desert.



Coming Back

Following a successful Christmas special last year, ITV1's revival of darts game show **Bullseye**, hosted by Freddie Flintoff, will return for a four-part series, in which more pairs of contestants step up to the oche to win prizes.

Next week On sale Tuesday 18 March

The Studio

In Apple TV+'s comedy, Seth Rogen will play the boss of a chaotic movie studio.

This City Is Ours

Sean Bean headlines BBC1's Liverpool-set drama about love and betrayal in a criminal gang.

Holland

Prime Video's thriller sees Nicole Kidman as a teacher who uncovers a dark secret.

David Blaine: Do Not Attempt

The illusionist hosts Disney+ and National Geographic's docuseries.

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THE *Elvis*™ *Love Me Tender* GRAND PIANO

ALL-NEW Elvis Presley™ figurine showcases one of his most beloved songs and his golden grand piano

Figurine measures 6 inches (15.2 cm) in height x 7.5 inches (19 cm) in width! Requires 3 x 'AAA' batteries (not included).

A piano fit for The King Of Rock 'N' Roll!

For their first anniversary, Priscilla Presley had a grand piano originally purchased for Elvis's mother restored and covered with 24-carat gold leaf. This famous gold piano now plays his golden hit single 'Love Me Tender' in an ALL-NEW officially licensed tribute to his life and career. Introducing the...

Elvis™ 'Love Me Tender' Golden Piano Musical Figurine

This figurine is **magnificently sculpted and painted by hand** with a **glossy golden metallic finish** inspired by the look of Elvis Presley's 24-carat gold leaf-covered grand piano!

Featuring his **replicated signature** and **specially selected images from the Elvis Presley Enterprises archive**, our master artisans have captured Elvis as he plays his golden grand piano from his perfectly coiffed raven pompadour to the glossy gold metallic painted piano. It's a must-have treasure for all true Elvis fans...just like you!

Satisfaction guaranteed or your money back!

The *Elvis™ 'Love Me Tender' Golden Piano Musical Figurine* is accompanied by a Certificate of Authenticity and our famous 365-day money-back guarantee. It is available for just 4 interest-free instalments of £39.99 – that's only £159.96 (plus £9.99 S&S)* Pay nothing now – simply complete and return your Priority Order Form today!

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